

SCAN ME!



65959 Van Dyke, Washington, MI

<https://whitelotusyoga.net/> 586-752-2700

Black for Large Room -Blue for Small Room

## SCHEDULE OF CLASSES

### Monday

9:00 ~ 10:00am Basic/Intro 🧘 Anna

5:15 ~ 6:15pm Flow ❤️ Carrie

6:30 ~ 7:30pm Yin 🌸 Tina

6:30 ~ 7:45pm Intro into Aerial Yoga 🧘 Carrie

### Tuesday

9:00 ~ 10:00am Basic/Intro 🧘 Julie

10:30 ~ 11:30am Yin & Yang 🌸 Anna

5:15 ~ 6:15pm Basic/Intro 🧘 Carrie

6:30 ~ 7:45pm **Hot Flow** 🔥 Carrie

### Wednesdays

9:00 ~ 10:00am Basic/Intro 🧘 Perry

10:30 ~ 11:30am Gentle Yoga 🌸 Anna

5:15 ~ 6:15pm Rest & Restore 🌸 Erica

6:30 ~ 7:45pm Slow Flow ❤️ Eva

6:30 ~ 7:30pm **Hot Flow** 🔥 Erica

8:00 ~ 9:30pm Yin 🌸 Stephanie

### Thursday

9:00 ~ 10:00am Somatic Flow ❤️ Catherine

5:15 ~ 6:15pm Flow ❤️ Perry

6:30 ~ 7:30pm Candlelight Yin 🌸 Natasha

6:30 ~ 7:45pm Aerial Yoga 🌸 Meghan

### Friday

9:00 ~ 10:00am Basic/Intro 🧘 Julie

**FRIDAY EVENING RESERVED FOR WORKSHOPS**

### Saturday

8:30 ~ 9:45am **Hot Flow** 🔥 Alexandra

10:00 ~ 11:15am Yin & Yang 🧘 Eva

11:30 ~ 12:30pm Flow ❤️ Alexandra

### Sunday

9:00 ~ 10:00am Yoga & Weights 🔥 Lindsay

6:00 ~ 7:00pm Candlelight Yin 🌸 Anna



Search: "White Lotus Healing & Yoga" on Facebook!

Class Levels:

- 🌸 All Levels – Including Beginners
- 🧘 Beginners
- ❤️ Intermediate
- 🔥 Advanced - Intermediate

Updated  
12/18/25