

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
 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 Flow 🌸 Anna
 5:15 ~ 6:15pm Flow ❤️ Natasha
 6:30 ~ 7:30pm Candlelight Yin 🌸 Natasha

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