

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 🧘 Margaret
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

Class Levels:

🌸 All Levels – Including Beginners

🧘 Beginners

❤️ Intermediate

🔥 Advanced - Intermediate

Thursday

9:00 ~ 10:00am Flow 🌸 Anna
5:15 ~ 6:15pm Flow ❤️ Kayley
6:30 ~ 7:30pm Candlelight Yin 🌸 Stephanie

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 🔥 Lindsy
6:00 ~ 7:00pm Candlelight Yin 🌸 Anna



SCAN THE CODE



@WHITELOTUSYOGASTUDIO

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