



# Serenity Stream

## February 2012 Schedule

One Hour Class \*  
Workshop\*\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NEW CLASSES</b>  <b>Friday evening Pilates</b>            Class size limit=8  <b>Kids Yoga</b>            5-8 years 3:45-4:30            9-12 years 4:45-5:30  <b>Teen Yoga 4:45-5:45</b></p>			<p>1            9:30 am Sunrise Flow (Vinyasa) L1/L2            5:45 pm Sunset Yoga Chill L1* (LH)            7:00 pm Vinyasa L1.5/L2 (SS)</p>	<p>2            9:30 am Gentle Hatha L1 (MF)  <b>Kids Yoga 3:45 and 4:45</b>            5:45 pm Power Hour* L2/L3 (SW)            7:15 pm Yin Yoga workshop with Tiffany**</p>	<p>3            9:30 am Hatha Yoga L1/L2 (SGr)  <b>5:30 pm Pilates L1/L2 (JK)</b></p>	<p>4            9:00 am Yoga Express L1/L2* (PM)            10:15 am Pilates L1/L2* (JK)</p>
<p>5            11:00 am Hatha Yoga L1/L2 (SW)            5:00 pm Yoga for Runners &amp; Athletes * (Class Rates Apply) (SG)</p>	<p>6            9:30 am Hatha Slow Flow L1/L2 (SG)            5:30 pm Vinyasa Flow L2/L3 (JM)            7:00 pm Hatha Challenge L2 (JG)</p>	<p>7            9:30 am Hatha Yoga L1/L2 (MF)  <b>4:45 pm Teen Yoga</b>            6:00 pm Christian Yoga L1 (AR)            7:30 pm Community Meditation Class <b>(Free)</b></p>	<p>8            9:30 am Sunrise Flow (Vinyasa) L1/L2            5:45 pm Sunset Yoga Chill L1* (LH)            7:00 pm Vinyasa L1.5/L2 (SS)</p>	<p>9            9:30 am Gentle Hatha L1 (MF)  <b>Kids Yoga 3:45 and 4:45</b>            5:45 pm Power Hour* L2/L3 (SW)</p>	<p>10            9:30 am Hatha Yoga L1/L2 (SGr)  <b>5:30 pm Pilates L1/L2 (JK)</b></p>	<p>11            9:00 am Yoga Express L1/L2* (LH)            10:15 am Pilates L1/L2* (JK)            7:00 pm The Wisdom of Yoga Workshop with Henry</p>
<p>12            11:00 am Hatha Yoga L1/L2 (SW)</p>	<p>13            9:30 am Hatha Slow Flow L1/L2 (SG)            5:30 pm Vinyasa Flow L2/L3 (JM)            7:00 pm Hatha Challenge L2 (JG)</p>	<p>14            9:30 am Hatha Yoga L1/L2 (MF)  <b>4:45 pm Teen Yoga</b>            6:00 pm Christian Yoga L1 (AR)            7:30 pm Community Meditation Class <b>(Free)</b></p>	<p>15            9:30 am Sunrise Flow (Vinyasa) L1/L2            5:45 pm Sunset Yoga Chill L1* (LH)            7:00 pm Vinyasa L1.5/L2 (SS)</p>	<p>16            9:30 am Gentle Hatha L1 (MF)  <b>Kids Yoga 3:45 and 4:45</b>            5:45 pm Power Hour* L2/L3 (SW)            7:00 PM Restorative Yoga Workshop with Marion**</p>	<p>17            9:30 am Hatha Yoga L1/L2 (SGr)  <b>5:30 pm Pilates L1/L2 (JK)</b></p>	<p>18            9:00 am Yoga Express L1/L2* (PM)            10:15 am Pilates L1/L2* (JK)</p>
<p>19            11:00 am Hatha Yoga L1/L2 (SW)</p>	<p>20            9:30 am Hatha Slow Flow L1/L2 (SG)            5:30 pm Vinyasa Flow L2/L3 (JM)            7:00 pm Hatha Challenge L2 (JG)</p>	<p>21            9:30 am Hatha Yoga L1/L2 (MF)  <b>4:45 pm Teen Yoga</b>            6:00 pm Christian Yoga L1 (AR)            7:30 pm Community Meditation Class <b>(Free)</b></p>	<p>22            9:30 am Sunrise Flow (Vinyasa) L1/L2            5:45 pm Sunset Yoga Chill L1* (LH)            7:00 pm Vinyasa L1.5/L2 (SS)</p>	<p>23            9:30 am Gentle Hatha L1 (MF)  <b>Kids Yoga 3:45 and 4:45</b>            5:45 pm Power Hour* L2/L3 (SW)            7:15 Sweet Misconception Workshop -Dr. Dina**</p>	<p>24            9:30 am Hatha Yoga L1/L2 (SGr)  <b>5:30 pm Pilates L1/L2 (JK)</b></p>	<p>25            9:00 am Yoga Express L1/L2* (LH)            10:15 am Pilates L1/L2* (JK)</p>
<p>26            11:00 am Hatha Yoga L1/L2 (SW)            5:00 PM Candlelight Yoga L1 (SW)</p>	<p>27            9:30 am Hatha Slow Flow L1/L2 (SG)            5:30 pm Vinyasa Flow L2/L3 (JM)            7:00 pm Hatha Challenge L2 (JG)</p>	<p>28            9:30 am Hatha Yoga L1/L2 (MF)  <b>4:45 pm Teen Yoga</b>            6:00 pm Christian Yoga L1 (AR)            7:30 pm Community Meditation Class <b>(Free)</b></p>	<p>29            9:30 am Sunrise Flow (Vinyasa) L1/L2            5:45 pm Sunset Yoga Chill L1* (LH)            7:00 pm Vinyasa L1.5/L2 (SS)</p>	<p>L1 = Level 1 Beginner            L2 = Level 2 Intermediate - 3 months experience or athletic background.            L3 = Intermediate/Adv -6 months experience or athletic background.</p>		