



Class Schedule ~ Plano

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 AM	☆ Desert	Ocean	☆ Gentle Waves	Mountain	☆ Gentle Waves		
7:15-8:45 AM						Summit	☆ Still Water (Yin Yoga) 7:30-8:45am
9:15-10:15 AM	Ocean	☆ Gentle Waves	Mountain	☆ Desert	☆ Gentle Waves	☆ Gentle Waves	☆ Gentle Waves
10:30-12:00 PM						Weekend Warrior	Weekend Warrior
12:00-1:00 PM	☆ Desert	☆ Gentle Waves	Ocean	☆ Gentle Waves	Mountain		
4:00-5:00 PM	☆ Gentle Waves	☆ Desert	☆ Gentle Waves	Ocean	☆ Desert	Ocean	☆ Desert
5:15-6:15 PM	Ocean	☆ Gentle Waves	Mountain	☆ Desert	☆ Gentle Waves		
6:00-7:00 PM						☆ Desert	☆ Gentle Waves
6:30-7:45 PM	☆ Gentle Waves	Ocean	☆ Desert	Mountain	☆ Desert 6:30-7:30 PM		
8:00-9:00 PM	☆ Desert	☆ Gentle Waves	☆ Desert	☆ Still Water (Yin Yoga)	MEDITATION (Sound Bath)		

☆ Starred classes are recommended for new yogis and experienced yogis on gentle days.

All classes are multi-level and accessible. Heated room is approximately 92-94 Fahrenheit. Please bring towel, water and a big smile!



OCEAN FLOW: Ocean is designed to strengthen the cardiovascular system, stimulate the metabolism and jump start the immune system.



MOUNTAIN FLOW: Mountain is a purposeful, slow, power based practice to strengthen the body, mind and spirit. Empowerment on all levels.



DESERT FLOW: Desert is a challenging meditative practice designed to unwind the mind, unravel the body, and open the heart.



WEEKEND WARRIOR: Weekend Warrior is a challenging practice that focuses on endurance, strength and flexibility.



GENTLE WAVES: Gentle Waves is a perfect beginners practice. This practice moves slow and includes lots of verbal cuing and meditative pauses. All levels welcome to this healing practice!



SUMMIT: This is an Intermediate to MORE EXPERIENCED led Primary Series (rooted in the traditional Ashtanga flow) with a fun Gaia Flow Yoga twist of optional arm balances, handstands and deeper opening poses.



STILL WATER: Yin yoga is a relaxing non-flow passive practice that opens and heals stiff and cranky joints. Yes, it is true "if you don't use it, you lose it." This is a perfect class if you have STIFF HIPS, CRANKY KNEES, SORE BACK OR SHOULDER ISSUES AND/OR SIMPLY WANT TO FEEL BETTER. Along with healing and invigorating your joints this gentle relaxing class stimulates your "prana" (life- force) and you will feel free and ready to face the day.