



# Firefly Yoga & Wellness Weekly Schedule

~ May 2015 ~

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00 – 9:00 AM</b> <b>Community Yoga</b> <b>All Level Hatha</b> (Donation \$5) Carrie <b>No class 5/3!</b>	<b>**Take Note**</b> BOTH 8:00 AM Community Classes are canceled the weekend of 5/2 – 5/3. <b>They will resume as scheduled the following weekend.</b>					<b>8:00 – 9:00 AM</b> <b>Community Yoga</b> <b>12-Steps</b> (Donation \$5) Gwen <b>No class 5/2!</b>
<b>9:30 – 10:45 AM</b> <b>HATHA Yoga</b> (Mixed Level) Diane	<b>9:00– 10:15 AM</b> <b>HATHA Flow</b> (Mixed Level) John	<b>NOTE:</b> <i>No classes held on Tuesday mornings.</i>	<b>9:30 – 10:45 AM</b> <b>HATHA Flow</b> (Mixed Level) Maria	<b>9:30 – 10:45 am</b> <b>HATHA Flow</b> (Mixed Level) Carrie	<b>10:00 – 11:15 AM</b> <b>HATHA Yoga</b> (Mixed Level) Melissa	<b>9:30 – 10:45 AM</b> <b>HATHA Yoga</b> (Mixed Level) Natalie
<b>11:00 – 12:15 PM</b> <b>HATHA Yoga Basics</b> (Beginner/Basic) Natalie <i>Great for new students!!</i>						<b>11:00 – 12:15 PM</b> <b>♥ Pre-Natal Yoga ♥</b> (All Levels/Beginner) Ryah / Natalie
<b>** Sunday 5/10 **</b> <b>Crystal Bowl Meditation</b> <b>7:30 – 9:00 PM</b> Faye \$20 Fee  <b>** Sunday 5/31 **</b> <b>Tibetan Healing Bowl Meditation</b> <b>7:00 – 8:30 PM</b> Denise \$20 Fee				<b>4:30 – 5:45 PM</b> <b>GENTLE YOGA</b> (All Levels) Faye		<b>This month with honor the divine feminine...</b>  ♥ Happy Mother’s Day.  <i>Please visit our website for more special workshops and events.</i>
	<b>5:45 – 7:00 PM</b> <b>HATHA Yoga</b> (Mixed Level) Kristin	<b>6:00 – 7:15 PM</b> <b>Hatha Flow</b> (Mixed Level) Nicole	<b>5:45 – 7:00 PM</b> <b>HATHA Yoga</b> (Mixed Level) Leslie	<b>6:00 – 7:15 PM</b> <b>HATHA Yoga</b> (Mixed Level) Daniel <b>New Class!!</b>	<b>5:30 – 6:45 PM</b> <b>Reiki Restorative Yoga</b> (All Levels) John Scott	
	<b>7:15 – 8:30 PM</b> <b>Relaxing Flow &amp; Meditation</b> (Basic/All Levels) Daniel <b>Community Class</b> (Donation \$5)	<b>7:30 – 8:45 PM</b> <b>HATHA Yoga Basics with Crystal Bowl Meditation</b> (Basic/All Levels) Melissa	<b>7:15 – 8:30 PM</b> <b>Slow Chakra Flow &amp; Meditation</b> (Mixed Level) Natalie	<b>Prepare for a restful night!</b> <i>Later evening classes feature relaxing meditation to unwind.</i> 		