

YOGA YOGA WELCOMES YOU TO  
**FREE DAY OF YOGA!**  
 Labor Day • Monday, September 7

**NORTH**

← is ten minutes from ⇒

**NORTHWEST**

380-9800 • 2167 Anderson Lane

490-1200 • 12002 Burnet

Time	Class	Teacher
8:00	Kundalini Yoga	Bir
9:00	Hatha Yoga for Beginners	Tracy K.
10:00	Vinyasa	Chris
10:00	Prenatal Yoga	Jodi F.
11:00	Hatha Yoga	Mandy
11:30	Deepening Your Practice: Introduction to Yoga Teacher Training	Diane
12:00	Kundalini Yoga for Beginners	Guru Karam
12:00	Yoga and Art	Raghourai & Susan
1:00	Hatha Yoga for Beginners	Wayo
1:30 <sup>60</sup>	Everything You Wanted to Know About Yoga!	Guru Karam
2:00	Restorative Yoga	Leslie
3:00	Hatha Yoga	Morgan
4:00	Ashtanga Yoga for Beginners	Kewal
5:00	Kundalini Yoga	Guru Karam
5:30	Deep Relaxation	Sirgun
6:00	Gentle Yoga	Kewal

Time	Class	Teacher
8:00	Kundalini Yoga & Meditation	Kirin Jot
9:00	Ashtanga Yoga for Beginners	Lynsey
10:00	Kundalini Yoga for Beginners	Kirin Jot
10:00	Hatha Yoga for Beginners	Rebecca
11:30	Restorative Yoga	Rebecca
12:00 <sup>60</sup>	Children's Yoga -Ages 5-8 yrs	Mollie
12:00	Hatha Flow	Sapphire
1:00 <sup>60</sup>	Deep Relaxation	Rebecca
2:00	Hatha Yoga for Beginners	John
3:00	Kundalini Yoga	Guru Karam
4:00	Hatha Yoga	John
4:00 <sup>90</sup>	Ashtanga Yoga	Marco
6:00	Vinyasa	Marco

We recommend some Hatha experience before attending Hatha Flow and Ashtanga.

**WESTGATE**

← is ten minutes from ⇒

**SOUTH**

358-1200 • 4477 South Lamar

326-3900 • 1700 South Lamar

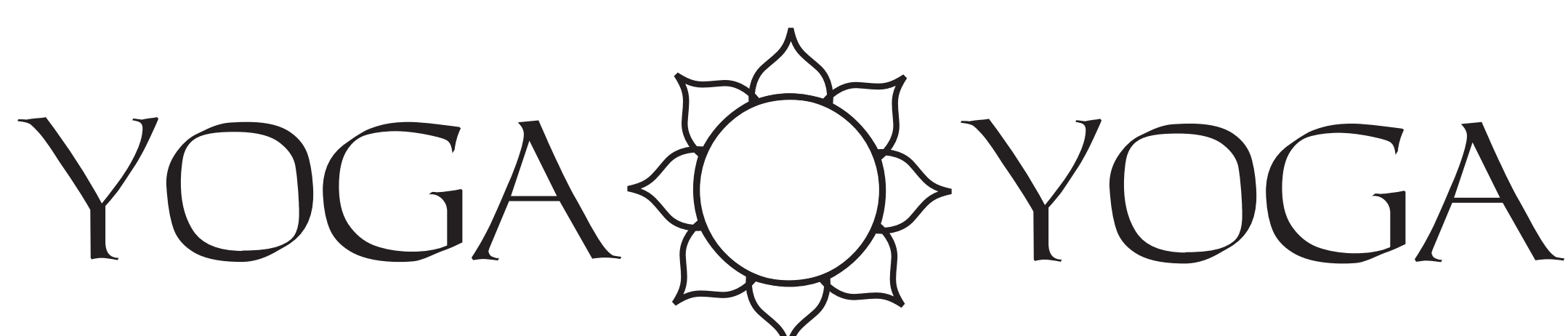
Time	Class	Teacher
8:00	Vinyasa	Brienne
8:00	Gentle Yoga	Wayo
9:00	Kundalini Yoga for Beginners	Vedya
10:00	Hatha Yoga for Beginners	Stacy L.
10:00	Hatha Flow for Beginners	Wayo
10:30 <sup>60</sup>	Children's Yoga- Ages 5-8 yrs	Karlie
12:00 <sup>90</sup>	Ashtanga Yoga	Matt
1:00	Hatha Yoga for Beginners	Ari
2:00	Kundalini Yoga	Akaljas
2:30	Ashtanga Yoga for Beginners	Tammy
3:00	Hatha Yoga	Kim S.
3:00	Deepening Your Practice: Introduction to Yoga Teacher Training	Mehtab
4:30	Restorative Yoga	Everitt
5:00	Hatha Flow	Sandi
6:00	Hatha Yoga	Jess G.
6:00	Kundalini Yoga of Sound	Raghourai

Time	Class	Teacher
8:00	Kundalini Yoga for Beginners	Marc
9:00	Hatha & Meditation for Beginners	Sadani
10:00	Prenatal Yoga	Delora
11:00	Hatha Yoga	Sandi
12:00	Restorative Yoga	Jenny O.
1:00	Hatha Yoga	Lance
2:00	Deep Relaxation	Karlie
3:00	Hatha Flow	Lizzie
3:30	Deepening Your Practice: Introduction to Yoga Teacher Training	JJ
4:00	Yoga for Crawlers and Toddlers	Delora
4:30	Kundalini Yoga of Sound	Mehtab
6:00	Ashtanga Yoga for Beginners	Matt

**360**  
 381-6464 • 2501 S Capital of TX Hwy

Time	Class	Teacher
8:00	Hatha Yoga	Lori
9:30	Hatha Flow for Beginners	Lori
11:00	Ashtanga Yoga for Beginners	Libby
12:00	Deepening Your Practice: Introduction to Yoga Teacher Training	Mehtab
1:00	Kundalini of Sound	Mehtab
2:00	Deep Relaxation	Susan S.
2:45	Postnatal Yoga	Suki
4:30	Hatha Yoga for Beginners	Susan S.
6:00	Vinyasa	Chris

**The Free Day of Yoga**  
 is a city-wide event.  
 For a full listing of classes go to  
[www.freedayofyoga.com](http://www.freedayofyoga.com)



[www.yogayoga.com](http://www.yogayoga.com)

Use our website for more in-depth information  
 about our teachers, classes and events

**All classes are 75 minutes  
 unless otherwise indicated.**