

# Nokomis Yoga Full Schedule

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

(612) 770 - 2467

Schedule Effective  
September 2nd, 2009

<b>Sunday</b>	<b>Class</b>	<b>Instructor</b>
4:30 – 6:00 PM	Restorative	Solveig
6:30 – 7:45 PM	Prenatal Yoga	Emily

  

<b>Monday</b>	<b>Class</b>	<b>Instructor</b>
10:15 - 11:15	Yoga Bonding w/baby	Emily
5:30 – 7:00 PM	Restorative	Solveig
7:15 – 8:45 PM	Restorative	Solveig

  

<b>Tuesday</b>	<b>Class</b>	<b>Instructor</b>
12:00 – 1:00 PM	Open Level, Vinyasa	Myra
5:30 – 6:45 PM	Yoga Basics	Holly
7:15 – 8:30 PM	Open Level, Vinyasa	Myra

  

<b>Wednesday</b>	<b>Class</b>	<b>Instructor</b>
4:30 – 5:30 PM	Open Level, Vinyasa	Myra
6:00 – 7:15 PM	Yoga Basics	Holly
7:30 – 9:00 PM	Restorative	Solveig

  

<b>Thursday</b>	<b>Class</b>	<b>Instructor</b>
2:00 - 2:45 PM	Stress Relief Yoga	Jinjer
5:30 – 6:45 PM	Prenatal Yoga	Emily
7:00 – 8:30 PM	Gentle Mindful Yoga	Jinjer

  

<b>Friday</b>	<b>Class</b>	<b>Instructor</b>
9:30 – 11:00 AM	Women's Restorative	Solveig

  

<b>Saturday</b>	<b>Class</b>	<b>Instructor</b>
9:00 – 10:00 AM	Vinyasa, Morning Flow	Mary P
10:30 - 11:45 AM	Yoga Basics ( <i>NEW!</i> )	Holly