

Nokomis Yoga Current Schedule

www.nokomisyoga.com

(612) 770 - 2467

Sunday	Class	Instructor
9:15 - 10:15 AM	Meditation	Stephanie
10:30 - 11:45 AM	Vinyasa, Morning Flow	Angela
4:30 - 6:00 PM	Restorative	Solveig
6:30 - 7:45 PM	Prenatal Yoga	Cynthia

Monday	Class	Instructor
5:30 - 7:00 PM	Restorative	Solveig
7:15 - 8:30 PM	Yoga for Beginners (Rest.)	Solveig

Tuesday	Class	Instructor
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

Wednesday	Class	Instructor
8:30 - 9:45 AM	Kundalini Yoga	Darcy
11:00 - 12:00 PM	Yoga Bonding w/Baby	Darcy
4:30 - 5:30 PM	Open Level, Vinyasa	Myra
6:00 - 7:15 PM	Yoga Basics	Holly
7:30 - 9:00 PM	Restorative	Solveig

Thursday	Class	Instructor
2:00 - 2:45 PM	Stress Relief Yoga	Jinjer
5:30 - 6:45 PM	Prenatal Yoga	Cynthia

Friday	Class	Instructor
9:30 - 11:00 AM	Women's Restorative	Solveig

Saturday	Class	Instructor
10:30 - 11:45 AM	Yoga Basics	Holly