

## Nokomis Yoga Current Schedule

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

(612) 770 - 2467

<b>Sunday</b>	<b>Class</b>	<b>Instructor</b>
9:15 - 10:15 AM*	Meditation	Stephanie
10:30 - 11:45 AM	Vinyasa, Morning Flow	Melissa
12:30 - 1:45 PM	Prenatal Yoga	Sheli
4:30 - 6:00 PM	Restorative Yoga	Solveig

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

<b>Tuesday</b>	<b>Class</b>	<b>Instructor</b>
9:00 - 9:45 AM	Gentle Morning Stretch	Deb
10:00 - 11:00 AM	Yoga for Seniors (60+)	Melissa
12:00 - 1:00 PM	Open Level, Vinyasa	Myra R
5:30 - 6:45 PM	Beginning Yoga Basics	Holly
7:15 - 8:30 PM	Open Level, Vinyasa	Myra R

<b>Wednesday</b>	<b>Class</b>	<b>Instructor</b>
9:30 - 11:00 AM	Restorative Yoga	Solveig
4:30 - 5:30 PM	Open Level, Vinyasa	Myra R
6:00 - 7:15 PM	Yoga Basics	Holly
7:30 - 9:00 PM	Restorative Yoga	Solveig

<b>Thursday</b>	<b>Class</b>	<b>Instructor</b>
1:30 - 3:00 PM	Yoga Mini-Vacation	Jinjer
7:15 - 8:45 PM	Kundalini Yoga	Ramdeep

<b>Friday</b>	<b>Class</b>	<b>Instructor</b>
9:30 - 11:00 AM	Restorative Yoga	Solveig
5:30 - 6:30 PM	Happy Hour Sampler Plate	Varies

<b>Saturday</b>	<b>Class</b>	<b>Instructor</b>
9:00 - 10:15 AM	Restorative Yoga	Solveig
10:30 - 11:45 AM	Yoga Basics	Holly
12:30 - 1:45 PM	Vinyasa (all levels)	Myra R