BREATHE TOGETHER

CLASS SCHEDULE

BreatheTogetherYoga.com
408.370.9642
Updated 4.25.24

MONDAY

6:00-7:00 **Tapas** *Jennifer Thorp* ☀☀
6:30-8:30 **Mysore** *Julie Fergus*
7:30-8:30 **Warm Flow** *Christy Li* ☀☀
9:00-10:15 **Gentle Flow w/ Ball Therapy** *Cindy Walker*
9:00-10:15 **Daoist Yoga** *Gideon Enz*
10:30-11:45 **Vinyasa** *Jessica Lichaa*
10:45-12:00 **Living with Cancer/Chronic Conditions** *Sarah K.* ▲
12:00-1:15 **Flow** *Leslie Germain*
4:00-5:00 **Flow** *Noell Clark*
5:30-6:45 **Gently Restore** *Joanne Varni* ♥
5:45-6:45 **Empower Sola Pilates** *Kirti Saran* ☀
7:15-8:30 **Prenatal Yoga** *Marina Poole* ♥
7:15-8:30 **Aerial Yoga** *Cristina Maldonado*

TUESDAY

6:00-7:00 **Tapas** *Bay Thongtheppairot* ☀☀
6:30-8:30 **Mysore** *Mojdeh Z.*
8:15-8:45 **Meditation & Awareness** *Jennifer Prugh* ▲
9:00-10:15 **Flow** *Marcela Christjansen*
9:00-10:15 **Yoga Fusion** *Gideon Enz*
10:30-11:45 **Yoga with Weights** *Cindy Walker*
10:45-12:00 **Chair Yoga** *Jill Lacher* ♥
12:00-1:00 **Vinyasa** *Bridget Puchalsky*
4:00-5:00 **Chill** *Cindy Walker* ♥
4:00-5:00 **Intro to Ashtanga** *Ricardo Silvestri*
5:45-7:00 **Gentle Yoga & Neurogenic Tremoring** *Joanne V.* ♥
6:00-7:00 **Vinyasa** *Amy Carroll*
7:15-8:30 **Candlelight Flow & Meditation** *Jennifer Prugh*
7:30-8:30 **Candlelight Aerial Yin** *Kirti Saran*

WEDNESDAY

6:00-7:00 **Tapas** *Erica Valentine* ☀☀
6:30-8:30 **Mysore** *Mojdeh Z.*
7:30-8:30 **Gentle Morning Flow** *Karina Lambert*
9:00-10:00 **Qigong** *Lisa Decker* ♥
9:00-10:15 **Vinyasa & Meditation** *Noell Clark*
10:30-11:45 **Vinyasa** *Alyssa Prettyman*
10:30-11:30 **Gentle Aerial** *Kat Walser*
12:00-1:15 **Foundations of Yoga** *Judith Steger* ♥
4:00-5:15 **Gentle Flow** *Jayson Hemp*
4:00-5:15 **Prenatal Yoga** *Marina Poole* ♥
5:45-7:00 **Vinyasa** *Amy Carroll*
5:45-7:00 **Restorative** *Paulette Sato* ♥
7:15-8:30 **Self Massage** *Alyssa Prettyman* ♥
7:30-8:30 **Aerial Yoga** *Christy Li*

THURSDAY

6:00-7:00 **Tapas** *Paige Wilson* ☀☀
6:30-8:30 **Mysore** *Ricardo Silvestri*
8:15-8:45 **Meditation & Awareness** *Jennifer Prugh* ▲
9:00-10:15 **Flow** *Marcela Christjansen*
9:00-10:15 **Wuji Qigong** *Jim Patton* ♥
10:30-11:30 **Power Vinyasa** *Alyssa Prettyman*
10:30-11:45 **Yoga with Weights** *Cindy Walker*
12:00-1:00 **Gentle & Neuro. Tremoring** *Joanne Varni* ♥
12:00-1:15 **Self-Massage** *Jessica Lichaa* ♥
4:15-5:15 **SATYA** *Bay Thongtheppairot* ♥
4:00-5:15 **Vinyasa & Meditation** *Noell Clark*
5:45-7:00 **Warm Flow** *Eli Yan* ☀☀ **6pm starting 5/2*
6:00-7:00 **Yin** *Bridget Puchalsky* ♥
7:15-8:30 **Candlelight Flow & Meditation** *Marina Poole*
7:15-8:30 **Foundations of Yoga** *Elizabeth Little*

FRIDAY

7:00-8:15 **Hanuman Chalisa Flow** ☀ *Srutih Asher Colbert*
7:30-9:00 **Full Led Primary - All-Levels** *Mojdeh Z.*
9:00-10:15 **Tapas** *Marcela Christjansen* ☀☀
9:15-10:15 **Yoga Fusion** *Jim Patton*
10:30-11:45 **Therapeutic Yoga** *Jill Lacher* ♥
10:30-11:45 **Mandala Flow** *Izumi Sato*
12:00-1:15 **Gentle & Restorative Yoga** *Jayson Hemp* ♥
3:30-4:30 **Qigong** *Angela Delfin-Salazar* ♥
5:00-6:15 **Restorative** *Sarah Khayat* ♥
5:00-6:15 **Vinyasa** *Leslie Germain*
6:45-8:00 **Candlelight Aerial Yin** *Sarah Khayat* ♥
6:45-8:00 **Gentle Candlelight Yoga, Meditation, Sound Bath** *Erica V.*

SATURDAY

7:30-8:30 **Daoist Yoga** *Jim Patton* ♥
7:30-8:45 **Warm Flow** *Erica Valentine* ☀☀
9:00-10:15 **Mandala Vinyasa** *Jennifer Prugh*
9:00-10:15 **Tapas** *Kat Walser* ☀☀
10:30-11:45 **Flow** *Prashant Shetter*
10:30-11:45 **Yoga Basics** *Marcela Christjansen* ♥

SUNDAY

7:30-9:30 **Mysore** *Eva Alexander*
8:30-9:45 **Tapas** *Tapas Teachers* ☀☀
9:00-10:15 **All-Levels Alignment** *Karina Lambert*
10:00-11:15 **Aerial Basics** *Sarah Khayat* ♥
10:00-11:15 **Power Vinyasa** *Amy Carroll*
11:30-12:45 **Yoga Basics** *Elizabeth Little* ♥
11:30-12:45 **Bhakti Flow** *Izumi Sato*
5:00-6:15 **Yin** *Paulette Sato* ♥
5:00-6:15 **Power Flow** *Erica Valentine*

♥ **Beginner Friendly** ☀ **Heated (78-85°)** ☀☀ **Heated (90+°)** ▲ **Free/Donation** **In-Studio Only** **Online Only** **In-Studio & Online**