



## FOUNDATION

### Basic Building Blocks

These classes teach the fundamentals of yoga so that you can create a safe, intelligent yoga class.

- Beginners Yoga
- Fundamentals Beg - Lvl 1
- Iyengar Beg - Lvl 1
- Yoga for Women
- Therapeutic Yoga
- Embodied Asana
- Embodied Vinyasa
- Ashtanga Beginners
- Ashtanga Basics
- Restorative Yoga

## INVIGORATE

### Strong + Flexible

#### *FLOW*

- Mysore
- Ashtanga
- Yang Vinyasa
- Vinyasa Mixed Levels
- Ashtanga Beginners
- Short Form Ashtanga Vinyasa

#### *FORM*

- Iyengar Level 1-2
- Fundamentals Lvl 1-2

## UNWIND

### Calm + Relaxed

- Soma Yoga
- Restorative Yoga
- Embodied Asana
- Therapeutic Yoga
- Embodied Vinyasa

## MEDITATION

- Mindfulness Meditation
- Sound Healing Meditation

DALLAS YOGA CENTER  
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# DALLAS YOGA CENTER ~ March 2018

	Time	Class	Teacher	Studio
Monday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun
	7:00 - 8:00 am	Yang Vinyasa	Nicole	Earth
	9:15 - 10:15 am	Ashtanga Beginners	Dean	Sun
	9:15 - 10:15 am	Therapeutic Yoga	Cheryl	Lotus
	9:15 - 10:30 am	Fundamentals Lvl 1	Kay	Earth
	11:20 - 1:30 pm	Mysore Ashtanga	Dean	Sun
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Jessi	Moon
	12:00 - 1:00 pm	Fundamentals Beg - Lvl 1	Caroline	Earth
	5:15 - 6:15 pm	Yang Vinyasa	Nicole	Earth
	6:00 - 7:15 pm	Vinyasa Mixed Lvl	TBA	Moon
	6:00 - 7:30 pm	Yoga for Women	Jessica	Lotus
	6:15 - 7:30 pm	Fundamental Lvl 1-2	Shelagh	Sun
	6:30 - 7:45 pm	Iyengar Beg - Lvl 1	Chris	Earth
	7:30 - 8:30 pm	Vinyasa Mixed Lvl	Lilah	Lotus
	7:30 - 8:30 pm	Meditation	Julie	Moon
7:30 - 8:30 pm	Beginners Yoga	Ajay	Sun	
Tuesday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun
	7:00 - 8:00 am	Fundamentals Lvl 1-2	Jessi	Earth
	8:00 - 9:00 am	Vinyasa Mixed Lvl	Molly	Lotus
	9:15 - 10:15 am	Beginners Yoga	Molly	Lotus
	9:15 - 10:30 am	Yang Vinyasa	Nicole	Moon
	9:15 - 10:45 am	Iyengar Level 1-2	Paula	Earth
	9:15 - 11:15 am	Mysore Ashtanga	Dean	Sun
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Lauren	Lotus
	12:00 - 1:00 pm	Ashtanga Short Form	Dean	Sun
	12:00 - 1:00 pm	Therapeutic Yoga	Shelagh	Earth
	5:00 - 6:00 pm	Vinyasa Mixed Lvl	Carla	Earth
	6:00 - 7:30 pm	Embodied Vinyasa Flow	Carla	Lotus
	6:15 - 7:15 pm	Therapeutic Yoga	Cheryl	Moon
	6:15 - 7:30 pm	Beginners Yoga	Shelagh	Earth
	7:30 - 8:15 pm	Mindfulness Meditation	Seham	Moon
7:30 - 8:45 pm	Fundamentals Beg - Lvl 1	Susan	Earth	
7:30 - 8:45 pm	Belly Dance	Caroline	Lotus	
7:45 - 8:45 pm	Community Class	Teacher Trainee	Sun	
Wednesday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun
	7:00 - 8:00 am	Yang Vinyasa	Nicole	Earth
	9:15 - 10:15 am	Ashtanga Beginners	Dean	Sun
	9:15 - 10:45 am	Embodied Asana	Jessica	Earth
	11:30 - 1:30 pm	Mysore Ashtanga	Dean	Sun
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Jessi	Moon
	12:00 - 1:00 pm	Therapeutic Yoga	Shelagh	Lotus
	12:00 - 1:15 pm	Fundamentals Beg - Lvl 1	Caroline	Earth
	5:15 - 6:15 pm	Yang Vinyasa	Nicole	Sun
	6:15 - 7:15 pm	Mindfulness Meditation	Cheryl	Moon
	6:15 - 7:30 pm	Iyengar Lvl 1 - 2	Chris	Earth
	7:30 - 8:30 pm	Vinyasa Mixed Lvl	Lilah	Lotus
	7:30 - 9:00 pm	Restorative Yoga	Chris	Earth
	8:00 - 9:00 pm	Community Yoga	Teacher Trainee	Sun

	Time	Class	Teacher	Studio	
Thursday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun	
	7:00 - 8:00 am	Fundamentals Lvl 1-2	Jessi	Earth	
	8:00 - 9:00 am	Vinyasa Mixed Lvl	Molly	Lotus	
	9:15 - 10:15 am	Beginners Yoga	Molly	Lotus	
	9:15 - 10:30 am	Yang Vinyasa	Nicole	Earth	
	9:15 - 11:15 am	Mysore Ashtanga	Dean	Sun	
	12:00 - 1:00 pm	Therapeutic Yoga	Sandi	Earth	
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Lauren	Lotus	
	12:00 - 1:00 pm	Ashtanga Short Form	Dean	Sun	
	5:00 - 6:00 pm	Beginners Yoga	Caroline	Sun	
	6:15 - 7:30 pm	Fundamentals Lvl 1	Shelagh	Earth	
	6:15 - 7:30 pm	Vinyasa Mixed Lvl	Caroline	Lotus	
	7:30 - 8:45 pm	Beginners Yoga	Caroline	Earth	
	7:30 - 9:00 pm	Ashtanga Basics	Marisa	Sun	
	Friday	6:00 - 7:30 am	Mysore Led Primary	Dean	Sun
7:00 - 8:00 am		Yang Vinyasa	Nicole	Earth	
9:15 - 10:45 am		Mysore Led Half Primary	Dean	Sun	
9:15 - 10:45 am		Vinyasa Mixed Lvl	Jessi	Moon	
10:30 - 11:30 am		Fundamentals Beg - Lvl 1	Caroline	Earth	
12:00 - 1:00 pm		Therapeutic Yoga	Cheryl	Moon	
12:00 - 1:00 pm		Iyengar Mixed Levels	Chris	Earth	
12:00 - 1:15 pm		Vinyasa Mixed Lvl	Caroline	Lotus	
4:30 - 5:45 pm		Vinyasa Mixed Lvl	Caroline	Lotus	
6:00 - 7:30 pm		Restorative Yoga	Chris	Earth	
Saturday		8:45 - 9:55 am	Fundamentals Lvl 1	Shelagh	Earth
		9:00 - 10:15 am	Soma Yoga	Carla	Lotus
		9:00 - 10:30 am	Iyengar Lvl 2-3	Paula	Moon
		10:15 - 11:30 am	Beginners Yoga	Shelagh	Sun
		10:30 - 11:45 am	Embodied Vinyasa Flow	Carla	Earth
	10:45 - 12:00 pm	Therapeutic Yoga	Mary	Moon	
	12:00 - 1:15 pm	Sound Healing Meditation	Lauren	Lotus	
	12:00 - 1:30 pm	Yoga for Women	Jessica	Earth	
	3:00 - 4:15 pm	Fundamentals Beg - Lvl 1	Caroline	Sun	
	Sunday	7:30 - 10:00 am	Mysore Ashtanga	Dean	Sun
		9:00 - 10:00 am	Iyengar Mixed Lvl	Chris	Earth
		9:00 - 10:15 am	Embodied Vinyasa Flow	Julie	Moon
		10:30 - 11:30 am	Beginners Yoga	Caroline	Earth
		10:30 - 12:00 pm	Ashtanga Led Primary	Mike	Sun
		12:00 - 1:15 pm	Fundamentals Beg - Lvl 1	Caroline	Earth
12:00 - 1:15 pm		Vinyasa Mixed Lvl	Mike	Moon	
12:15 - 1:15 pm		Mindfulness Meditation	Cheryl	Sun	
1:30 - 2:30 pm		Therapeutic Yoga	Cheryl	Moon	
1:30 - 2:45 pm		Restorative Yoga	Caroline	Earth	
3:00 - 4:00 pm		Belly Dancing	Caroline	Sun	