

Roots Yoga + Movement

July 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9am community class \$10 donation rotating teachers</p>	<p>9:30am slow flow britney</p> <p>5pm somatic movement for stress relief felice</p> <p>6:15pm yoga therapy (75') Amy s</p>	<p>4:30pm core + pelvic floor (75') amy</p> <p>6pm core + pelvic floor (75') amy s</p>	<p>9:30am strength + mobility julie</p> <p>4:30pm yoga for healthy aging jackie</p> <p>6pm yoga therapy (75') jackie</p>	<p>9am slow flow britney</p> <p>6pm core + pelvic floor (75') amy d *begins 7/11</p>	<p>9:30am strength + mobility julie</p> <p>3pm postpartum + breastfeeding group jacayia</p>	<p>9am queer yoga yalith</p> <p>10:15am kundalini yoga for stress + anxiety shanell</p> <p><i>Special Events</i> free* infant massage series Fridays 4p, 6/14-7/12</p>

*all classes are 60' unless indicated

www.rootsspecialtyservices.com