

Roots Yoga + Movement

Fall 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 restorative yoga felice</p> <p>6:15pm yoga therapy(75') yalith</p>	<p>9am mat pilates jill</p> <p>4:30pm core + pelvic floor (75') Amy s</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>10:15am mat pilates jill</p> <p>4:30pm yin yoga britney</p> <p>6pm core + pelvic floor (75') amy d</p>	<p>9:30am strength + mobility julie</p> <p>3:00pm Postpartum Breastfeeding Group jacayia</p> <p>4:00pm Infant Massage jacayia</p>	<p>9am flow for all! all levels vinyasa yalith</p> <p>10:15am kundalini yoga for stress + anxiety shanell</p>

*all classes are 60' unless indicated

www.rootsspecialtyservices.com

Special Events

Grief Yoga, 9/22 6pm