

Week of February 22nd



YourBuddhi Yoga Online Schedule

	The Buddhi Special	LiteYOGA
Class 1	Shoulder Stabilizer (60 min) <input type="checkbox"/>	Rhythm and Flow (60 min) <input type="checkbox"/>
Class 2	Getting Undistracted Kundalini (75 min) <input type="checkbox"/>	Yoga for Better Posture (20 min) <input type="checkbox"/>
Class 3	Big Love Vinyasa (60 min) <input type="checkbox"/>	Deep Yoga Stretch (60 min) <input type="checkbox"/>
Notes		