

# Week of March 28<sup>th</sup>



## Yoga Online Class Schedule

	The Buddhi Special	LiteYOGA
<b>Class 1</b>	<b>Focused &amp; Steady Vinyasa</b> (60 min)	<b>Tame the Mind</b> (60 min)
<b>Class 2</b>	<b>Yoga for Feet</b> (40 min)	<b>Open Your Front Lines</b> (40 min)
<b>Class 3</b>	<b>Gut Buster</b> (20 min)	<b>Basic Yoga Alignment</b> (20 min)
	<b>Notes</b>	

