

# Week of March 8<sup>th</sup>

## Yoga Online Class Schedule



	The Buddhi Special	LiteYOGA
<b>Class 1</b>	<b>New Body Vinyasa</b> (60 min)	<b>Perfect Quickie</b> (20 min)
<b>Class 2</b>	<b>Core Work for Handstands</b> (40 min)	<b>Breath Centered Easy Flow</b> (40 min)
<b>Class 3</b>	<b>Thanks Goldenrod Kundalini</b> (75 min)	<b>Love Your Shoulders</b> (60 min)
	<b>Notes</b>	

