Week of March 15th

Yoga Online Class Schedule

	The Buddhi Special	LiteYOGA
Class 1	Kundalini with Jon (75 min)	Twisting Detox Flow (40 min)
Class 2	Introduction to Ashtanga Flow 60 min)	Detox Twists & Open Hips (60 min)
Class 3	Oil Change: Lube Up the Joints (60 min)	Sleepy Time Stretch (20 min)
	Notes	