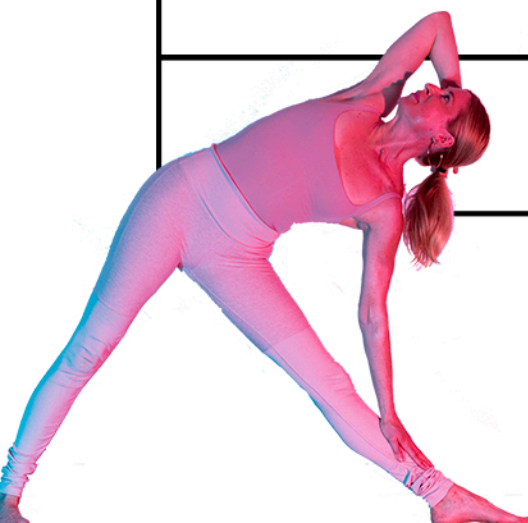


Week of March 21st



Yoga Online Class Schedule

	The Buddhi Special	LiteYOGA
Class 1	Six Pack Abs (40 min)	Please Your Knees (20 min)
Class 2	Superman Flow (60 min)	Après FlowLIFT (20 min)
Class 3	Spring Cleaning Kundalini & Breathwork (75 min)	Spring Cleaning Kundalini & Breathwork (75 min)
	Notes	