



WEEKLY Schedule

505 W First St.
Tustin, CA.
714.617.4593

Mon

7:00am - Pranayam+Meditation (ZOOM)
10:30am - Yoga From Balancing Mind & Body **(NEW)**

5:00pm - Chakra Spark - Vinyasa & Sound
6:15pm - Gentle Yoga + Meditation
7:30pm - Restorative Calm, Breath & Sound

Tue

7:00am - Pranayam+Meditation (ZOOM)
9:00am - Morning Flow
10:15am - Gentle Vinyasa Flow

4:30pm - Vinyasa All Levels & SoundBath
6:15pm - Candlelight Fire Flow **NEW!**
7:30pm - Aromatherapy Yoga

Wed

7:00am - Pranayam+Meditation (ZOOM)
9:00AM - Iyengar Yoga
10:30AM - Gentle Vinyasa Flow
12:00pm - Aerial Yoga

5:00pm - Sivananda Yoga **(Starts Apr 29th)**
6:15pm - Gentle Yoga + Meditation
7:30pm - Sanctuary Yoga

Thu

6:00 am-Yogalates **(NEW)**
7:00am - Pranayam+Meditation (ZOOM)
10:15am-Chakra Flow | Sound

4:30pm - Vinyasa All Levels & SoundBath
6:00pm - Beginner Yoga & Meditation
7:30pm - Harmony within: Breath & Sound

Fri

7:00am - Pranayam+Meditation (ZOOM)
10:15am - Vinyasa All Levels & SoundBath
12:15pm - Midday Serenity: Yin & Sound

5:00PM TO 7PM **Special Events - See Online Schedule**
7:30pm - Slow Flow & Sound

Sat

8:30 am - Meditative Flow
10:30am - Kundalini Yoga & Reiki
12:30pm - Iyengar Yoga

Sun

10:30- Sunday Reset Yoga

6:15pm - Restorative Yoga + Aromatherapy