**Yoga Class Schedule**
Starting June 18th! All classes taught by Hailey Moll, 200RYT Yoga teacher.

**Yoga Basics**: Perfect for beginners and those who need a refresher.
 With a welcoming atmosphere this is the perfect place to take your first class and experience Yoga! Students will be introduced to basic Hatha Yoga poses and breath work. Students will find this class to be refreshing, relaxing, and enlightening. This class will help build a good foundation in basic postures and terminology.

**Vinyasa Yoga**: Beginners and all levels are welcome. Some experience with basic yoga poses is recommended but not required.
 Emphasizing breath and body alignment, this fast-paced Vinyasa class will improve strength, stamina, and flexibility while having fun in the flow. Students will learn how to transition smoothly from each pose to the next and jam out to pop and electronic music. Modifications are offered based on the needs of the class.

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 8:00 a.m. – 8:30Yoga Basics | 6:00 p.m. – 6:30Vinyasa Yoga | 8:00 a.m. -8:30Yoga Basics |  |  |

 **Private Yoga Classes**: A private class designed for your specific needs. Can be individual or group. This is a great option for parties, students with specific limitations or injuries, seniors, pregnant women, and more. Contact Hailey Moll @ 573-846-6898 to schedule a class.