

FOUNDCITY YOGA

SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6:00	6:00	6:00 SILENT	6:00	6:00	8:00	8:00
9:00	9:00	9:00	9:00	9:00	10:00 HOT HOUR	10:00 HOT HOUR
12:00 HOT HOUR	12:00 YOGA HOUR	12:00 HOT HOUR	12:00 YOGA HOUR	12:00 HOT HOUR	12:00 GHOSH Level II	12:00 Warm FLOW
3:45	3:45	3:45	3:45		2:00 YOGA HOUR	
5:45	5:45	5:45	5:45	4:00 Community Drop-in	4:00	4:00
7:45 HOT HOUR	7:45 YIN Yoga	7:45 HOT HOUR	7:45 YIN Yoga	6:00 Warm FLOW		6:00 YIN Yoga

BIKRAM YOGA

Optimize your health, develop your mind-body connection, and realize yourself! This ORIGINAL HOT YOGA 90-minute class, aka the 26&2, is safe, effective, and suitable for everybody. Check out our half-price \$10 Community Drop-in Fridays at 4 PM!

HOT HOUR

Augment your regular Bikram Yoga practice! This BIKRAM METHOD class condenses the original 26&2 sequence, emphasizing great energy and extra focus. All levels. Hot, 60 minutes.

YOGA HOUR®

Practice dynamic movement emphasizing form and refinement! This FLOW STYLE class aims to be the most difficult and doable one-hour flow class available. All levels. Warm, 60 minutes.

Warm FLOW

Inspire your practice with creative sequences working toward one or more peak postures. This VINYASA STYLE class syncs breath and movement together with music. All levels. Warm, 60 minutes.

SILENT 6 AM

Enjoy the silence! This BIKRAM METHOD class encourages internal focus and mindful group energy with a teacher-led practice and minimal or no cueing. Some experience recommended. All welcome. Hot, 75 minutes.

GHOSH Level II

Open your body and deepen your practice! This INTERMEDIATE class introduces sequences and postures from the classic Ghosh lineage. Experience with Bikram Yoga recommended. All welcome! Warm/Hot, 90 minutes.

YIN Yoga

Improve your range of motion, joint health, and mindfulness. This RELAXING class offers longer postures and a slower pace, and the calm ambience of candlelight and music. All levels. Cool/warm, 90 minutes.

www.foundcity.yoga

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#foundyourself

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