



## Golden Week Schedule (April 27 – May 6)

\* denotes Bilingual E-J class, (E) for English class, and (J) for Japanese class

- Saturday April 27 8:30am-10:00am Ashtanga w/Hatsumi\* (Level 2-4)  
10:30am-12:00pm Vinyasa w/Leza\* (Level 1-3)  
12:45pm-2:00pm Restorative w/Satomi(J) (All Levels)  
2:30pm-4:00pm Vinyasa w/Yuko\* (Level 1-3)  
4:30pm-6:30pm Ayuryoga WS with Yuko (Registration required)
- Sunday April 28 8:00am-9:30am Reiki Healing + Restorative w/Kiyomi(J) (All Levels)  
10:30am-12:00pm Vinyasa w/Em(E) (Level 1-4)  
12:30pm-2:00pm Ashtanga Basics w/Em(E) (Level 1-4)  
2:30pm-5:00pm Facial Fascia Release & Restorative with Noriko and Leza (Registration required)  
CANCELLED 2:30pm-4:00pm Hatha  
CANCELLED 4:30pm-6:00pm Restorative
- Monday April 29 10:30am-12:30pm Holiday Special 2h Vinyasa w/Em(E) (Level 1-3)  
2:00pm-3:30pm Holiday Special Vinyasa w/Betia(E) (Level 1-3)  
4:30pm-6:30pm Holiday Special 2h Reiki Healing + Restorative w/Kiyomi(J) (All Levels)  
CANCELLED 7:30pm-9:00pm Vinyasa w/Em
- Tuesday April 30 9:30am-10:30am Vinyasa w/Carla -> Leza\* (Level 1-3)  
12:30pm-2:00pm Restorative (Community class 1000 yen) w/Mayumi(J) (All Levels)  
CANCELLED 7:30pm-9:00pm Yin w/Em
- Wednesday May 1 10:30am-12:00pm Hatha Community (1000 yen) w/Em(E) (Level 1-4)  
7:30pm-9:00pm Vinyasa w/Betia(E) (Level 1-3)
- Thursday May 2 REGULAR CLASSES ARE CANCELLED due to the Staycation
- Friday May 3 REGULAR CLASSES ARE CANCELLED due to the Staycation
- Saturday May 4 8:30am-10:00am Ashtanga w/Hatsumi\* (Level 2-4)  
10:30am-12:00pm Vinyasa w/Leza\* (Level 1-3)  
12:45pm-2:00pm Restorative w/Satomi --> Tamami(J) (All Levels)  
2:30pm-4:00pm Vinyasa w/Miyoko\* (Level 1-3)
- Sunday May 5 8:00am-9:30am Reiki Healing + Restorative w/Kiyomi(J) (All Levels)  
10:30am-12:00pm Vinyasa w/Em(E) (Level 1-4)  
12:30pm-2:00pm Ashtanga Basics w/Em(E) (Level 1-4)  
2:30pm-4:00pm Hatha w/Nao\* (Level 1-3)  
4:30pm-6:00pm Restorative w/Sumako(J) (All Levels)
- Monday May 6 10:30am-12:30pm Holiday Special 2h Vinyasa w/Em(E) (Level 1-3)  
1:00pm-3:00pm Holiday Special 2h Reiki Healing + Restorative w/Kiyomi(J) (All levels)  
4:00pm-5:30pm Holiday Special, Slow Flow, Hip Opening Focus w/Leza\* (Level 1-3)  
CANCELLED 7:30pm-9:00pm Vinyasa w/Em