



## SUN AND MOON YOGA REGULAR SCHEDULE

Please note that we have the Winter Holidays Schedule during December 24 2018 – January 5 2019. Please check our top page.

### MONDAY

10:30am-12:00pm Vinyasa Flow (Level 1-3 Beginners Ok!) w/Em (E)

7:30pm-9:00pm Vinyasa Flow (Level 1-4 Beginners Ok!) w/ Em (E)

### TUESDAY

7:00am-8:00am Tai Chi (1,000yen) /All Levels, Beginners OK!) w/Kiyomi(J) – Starting on December 4, 2018

9:30am-10:30am Vinyasa Flow (Level 1-3, Beginners OK!) w/Carla(E) – Starting on January 15, 2019

12:30pm-2:00pm Restorative Yoga COMMUNITY (1,000yen) (All Levels-Beginners OK!) w/Mayumi (J)

7:30pm-9:00pm Yin Myofascial Release (All Levels, Beginners OK!) w/Em (E)

### WEDNESDAY

10:30am-12:00pm Hatha COMMUNITY (1,000yen) (Level 1-4 Beginners OK!) w/Em (E)

1:00pm-2:30pm Therapeutic Yoga (Maternity is welcome! Level 1-3 Beginners OK!) w/Kitty\*

7:30pm-9:00pm Vinyasa Flow (Level 1-3 Beginners OK!) w/Elizabeth(E)

### THURSDAY

7:00am-8:00am Mindfulness Meditation (1,000yen) /All Levels, Beginners OK!) w/Patrick(E)

10:30am-12:00pm TaoYoga Arts (All Levels, Beginners OK!) w/Jesse(E)

12:30pm-2:00pm Beginning Hatha Yoga (Level 1-3 Beginners ok!) )w/ ACO\*

7:00pm-8:30pm Hatha Yoga Basics (Level 1-3 Beginners ok!) w/Hisaka (J)

### FRIDAY

10:30am-12:00pm Vinyasa Flow (Level 1-3 Beginners Ok!) w/Em (E)

7:30pm-9:00pm Restorative Yoga (All Levels, Beginners OK!) w/Leza\* (w/Sumako(J) on 1<sup>st</sup> FRIDAY, w/Nao\* on 3<sup>rd</sup> FRIDAY)

### SATURDAY

8:30am-10:00am Ashtanga Yoga (Level 2-4) w/Hatsumi\*

10:30am-12:00pm Vinyasa Flow (Level 1-3 Beginners OK!) w/Leza\*

12:45pm-2:00pm Restorative Yoga (All Levels, Beginners OK!) w/Satomi (J)

2:30pm-4:00pm Vinyasa Flow (Level 1-3 Beginners OK!) w/Yuko\* (2nd/4th Saturday) & Miyoko\* (1st/3rd/5th Saturday)

4:30pm-6:00pm MONTHLY Venus Yoga (Level 1-3 Beginners OK!) w/Yuki(J)

### SUNDAY

8:00am-9:30am Reiki Healing Yoga (Level 1-2 Beginners OK!) w/Kiyomi(J)

10:30am-12:00pm Vinyasa Flow (Level 1-4) w/Em (E)

12:30pm-2:00pm Ashtanga Basics (Level 1-4 Beginners OK!) w/Em (E)

2:30pm-4:00pm Hatha Yoga Basics (Level 1-3 Beginners OK!) w/Kumiko(J), Sumako(J), Nao\*

4:30pm-6:00pm Restorative Yoga (All Levels-Beginners OK!) w/Kumiko(J), Sumako(J), Nao\*