



SUN AND MOON YOGA REGULAR SCHEDULE

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 Mindfulness Meditation (1,000yen) /All Levels, Beginners OK!) w/Leza(E)

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 1st FRIDAY, w/Nao* on 3rd 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*