

Stillwater Yoga

Weekly Class Schedule

142 Harbor Lane • Suite 2 • Stillwater

Monday

- 7:00 AM Morning Flow (Vinyasa) ? Maya • 60 min • All levels
- 12:15 PM Midday Reset (Vinyasa) ? Sofia • 45 min • All levels
- 6:00 PM Beginners Foundations ? James • 60 min • Beginner

Tuesday

- 9:30 AM Gentle Yin ? Maya • 75 min • All levels
- 5:30 PM After-Work Flow (Vinyasa) ? Sofia • 60 min • Intermediate
- 7:15 PM Restorative Evening ? James • 75 min • All levels

Wednesday

- 7:00 AM Sunrise Flow (Vinyasa) ? James • 60 min • All levels
- 12:15 PM Lunch Break Yoga ? Maya • 45 min • All levels
- 6:30 PM Beginners Foundations ? Sofia • 60 min • Beginner

Thursday

- 9:30 AM Yin & Breath ? Maya • 75 min • All levels
- 5:30 PM Strong Flow (Vinyasa) ? James • 60 min • Intermediate
- 7:15 PM Restorative + Sound ? Sofia • 75 min • All levels

Friday

- 7:00 AM Morning Flow (Vinyasa) ? Sofia • 60 min • All levels
- 12:15 PM Gentle Stretch ? Maya • 45 min • All levels
- 5:00 PM Weekend Wind-Down (Yin) ? James • 60 min • All levels

Saturday

- 9:00 AM Weekend Flow (Vinyasa) ? Maya • 75 min • All levels
- 11:00 AM Beginners Foundations ? Sofia • 60 min • Beginner
- 4:00 PM Restorative Afternoon ? James • 75 min • All levels

Sunday

- 10:00 AM Slow Sunday (Yin) ? Maya • 75 min • All levels
- 5:00 PM Candlelight Restorative ? Sofia • 60 min • All levels

First class free for new students. stillwater.yoga • hello@stillwater.yoga