

Bending Branch Yoga

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Services Available Daily		Thai Yoga Bodywork Sessions		Private Yoga Lessons & Parties			Check out Mindbody & our website for upcoming events & workshops
Good Morning	9:30-10:30am (10:45) Strengthen & Lengthen Warm Nicole (optional 15-min. meditation)	9:30-10:30am (10:45) Slow Burn Irene (optional 15-min. meditation)	9:30-10:30am (10:45) Foundational Flow Nicole (optional 15-min. meditation)	9:30-10:30am (10:45) Strengthen & Lengthen Irene (optional 15-min. meditation)	9:30-10:30am (10:45) Slow Burn Warm Nicole (optional 15-min. meditation)	9:00-10:00am Slow Burn Nicole	9:00-10:00am Big & Little Ages vary per week
Mid-Day	12:00-1:00pm (1:30) Foundational Flow Cheryl (optional 30-min. meditation)		12:00-1:00pm (1:30) Yin Nicole (optional 30-min. meditation)		12:00-1:00pm (1:30) Yin Nicole (optional 30-min. meditation)	10:15-11:30am Yin Nicole	10:15-11:45am Foundational Flow Andrea
Happy Hours	6:00-7:00pm Slow Burn Nicole	6:00-7:00pm Strengthen & Lengthen Aubrey	6:00-7:00pm Slow Burn Warm Nicole	6:00-7:00pm Yin Cheryl	6:30-7:30pm Strengthen & Lengthen Chelsea		4:30-5:30pm (6:00) Yin Amanda (optional 30-min. meditation)
Before Bed	7:15-8:15pm Foundational Flow Jamie	7:15-8:15pm Yin	7:15-8:15pm Strengthen & Lengthen Warm Irene	7:15-8:15pm Foundational Flow Irene			

Please arrive 5 to 15 minutes before the scheduled start time. Doors will be locked and class will begin promptly at the scheduled start time.

Please check out Mindbody <https://clients.mindbodyonline.com> for changes to our schedule.

Thank you for your understanding and cooperation.

2030 Bolton Rd. Atlanta, GA 30318 www.bendingbranchyoga.com