



J A N U A R Y - M A R C H

MWLC UPDATES & HIGHLIGHTS

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## UPCOMING EVENTS

### THE GATEWAY: YOGA FOR INTUITION AND CLARITY

January 11 3 PM - 4:30 PM

### THERAPEUTIC DANCE

January 25 3 PM - 5 PM

### BALANCING INNER NATURE INTO A YOGA PRACTICE

February 9th 3 PM - 5 PM

### RESTORATIVE YOGA WITH THE CRYSTAL SINGING BOWLS AND YOGA NIDRA

February 16th 3 PM - 5 PM

### YOGA FROM GROUND TO CROWN: CHAKRA - BALANCING FOR IMPROVED WELL-BEING

March 7th 3 PM - 4:30 PM

### EQUINOX CANDLELIGHT YIN YOGA WITH CRYSTAL SINGING BOWLS

March 22nd 3 PM - 5 PM

### A CONVERSATION ABOUT ONCOLOGY MASSAGE

3rd Friday of each month 5 PM - 6 PM



For real-time updates on classes and weather cancellations, please download our app!

## YOGA SCHEDULE

### SUNDAY

9:15 AM - 10:30 AM Slow Flow with Crystal Singing Bowls

### MONDAY

8:45 AM - 10 AM Power Yoga

4:30 PM - 5:15 PM Barre

6:30PM - 7:30 PM Yin Yoga

### TUESDAY

9:30 AM - 10:45 AM Yin Yoga

6:30 PM - 7:45 PM All Levels Flow

### WEDNESDAY

8:45 AM - 10 AM Progressive Flow Beginner series- rotating yoga/Meditation

### THURSDAY

9:30 AM - 10:45 AM ViniYoga

6 PM - 6:20 PM - Meditation with Crystal Singing Bowls

6:30 PM - 7:45 PM All Levels with Crystal Singing Bowls

### FRIDAY

8:45 AM - 10 AM Chakra Yoga

### SATURDAY

9 AM - 10:15 AM All Levels Yoga

OPEN MEDITATION EVERY MONDAY TO SATURDAY:  
12PM - 4PM



# JANUARY - MARCH

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