

# DHYANA YOGA ARTS

## 2024 Schedule

### MONDAY

YOGA ROPE WALL  
9:30A W/ ALLY

DHYANA FOUNDATIONS  
11:15A W/ ALLY

DHYANA FLOW L1/2  
6P W/ AMY

### TUESDAY

DHYANA FLOW L2  
9:30A W/ RADHIKA

DHYANA FOUNDATIONS  
11:15A W/ RADHIKA

DHYANA FLOW L1/2  
6P W/ LEA

DHYANA FOUNDATIONS  
7:30P W/ STEVEN

### WEDNESDAY

SLOW FLOW  
9:30A W/ CHRISTINE

WEDNESDAY KIRTAN  
4:30P W/ ALLY, DEANNA & STEVEN

YOGA BACKCARE/SCOLIOSIS  
6P W/ DEANNA

SLOW FLOW & RESTORE  
7:30P W/ ALLY

### THURSDAY

MINDFULNESS MEDITATION  
+ PRANAYAMA  
9:30A W/ STEVEN

SLOW FLOW  
11:15A W/ VARRITA

DHYANA FLOW L1/2  
6P W/ AMY

### FRIDAY

GAYATRI MANTRA 108 -  
FREE - 7A W/ DEANNA

DHYANA FLOW L2  
9:30A W/ DEANNA

YOGA FOR BACKCARE  
11:15A W/ DEANNA

DONATION FLOW (45MIN)  
5:30P IN-PERSON + ONLINE

### SATURDAY

DHYANA FLOW L1/2  
7:45A W/ AMY

YOGA FOR BACKCARE  
9A W/ DEANNA

DHYANA FLOW L2  
10:30A W/ DEANNA

DONATION FLOW  
12:15P W/ DYA GRADS

### SUNDAY

DHYANA FOUNDATIONS  
8:15A W/ LINDA

YOGA ROPE WALL  
10A W/ LINDA