



**yoga source**  
 3122 west cary street • suite 220  
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# class schedule

## winter 2018

january 8 - april 1

12 week session

intelligent. transformative. effective.

| mon  | tue   | wed  | thu  | fri  | sat  | sun  |
|--|---|--|--|--|--|--|
| 845-10 am<br><b>yogaworks flow 2</b><br>yaco   | 830-930 am<br><b>vinyasa flow 1.5</b><br>lynne                                | 930-11 am<br><b>gentle w/ restoratives 1</b><br>lynne                          | 830-930 am<br><b>vinyasa flow 1.5</b><br>lynne   | 9-1015 am<br><b>yogabuild 1.5</b><br>heather c | 845-10 am<br><b>gentle w/ restoratives 1</b><br>hillary                | 945-1045 am<br><b>vinyasa flow 1</b><br>heather z                              |
| 9-1015 am<br><b>yogabuild 1.5</b><br>heather c | 930-1030 am<br><b>yogabasics 1</b><br>paula                                   | 930-11 am<br><b>prenatal 1</b><br>suzi<br><i>starts 1/31</i>                   | 930-1030 am<br><b>yogaworks flow 1</b><br>yaco   | 930-1030 am<br><b>yogabarre* 1</b><br>celine   | 930-1045 am<br><b>vinyasa flow 1.5</b><br>amanda                       | 10-1045 am<br><b>kids yoga (8-10 yrs)*</b><br><i>starts 1/28 &amp; 2/25</i>    |
| 1015-1115 am<br><b>chair yoga 1</b><br>yaco    | 930-1030 am<br><b>yogabarre* 1</b><br>heather z                               | 10-1045 am<br><b>itsy bitsy yoga sprouts*</b><br><i>starts 1/31 &amp; 2/28</i> | 930-1030 am<br><b>yogabarre* 1</b><br>heather z  | 930-1030 am<br><b>yogabasics 1</b><br>paula    | 10-1045 am<br><b>family 1</b><br>jennie<br><i>(5 yrs+) starts 1/20</i> | 11-1145 am<br><b>tweens yoga (11-13 yrs)*</b><br><i>starts 1/28 &amp; 2/25</i> |
| 515-615 pm<br><b>core flow 1.5</b><br>michael  | 430-530 pm<br><b>vinyasa flow 1</b><br>paula                                  | 11-1145 am<br><b>itsy bitsy yoga seeds*</b><br><i>starts 1/31 &amp; 2/28</i>   | 5-615 pm<br><b>yin 1</b><br>hillary              | 515-615 pm<br><b>core flow 1.5</b><br>yaco     | 1015-1115 am<br><b>yogabasics 1</b><br>heather c                       | 11-1215 pm<br><b>yogabuild 1.5</b><br>heather z                                |
| 6-730 pm<br><b>yogabuild 2</b><br>heather z    | 515-615 pm<br><b>yogabarre* 1</b><br>tia                                      | 515-615 pm<br><b>core flow 2</b><br>tia  | 515-615 pm<br><b>yogabarre* 1</b><br>tia         |  |  | 1230-130 pm<br><b>community staff free!</b><br><i>1/28, 2/25, 3/25</i>         |
| 6-715 pm<br><b>yin 1</b><br>lynne              | 6-730 pm<br><b>prenatal 1</b><br>hillary                                      | 6-730 pm<br><b>yogabuild 2</b><br>paula  | 615-730 pm<br><b>vinyasa flow 1.5</b><br>michael |  |  | 4-530 pm<br><b>gentle w/ restoratives 1</b><br>amanda                          |
| 630-730 pm<br><b>yogabasics 1</b><br>celine    | 615-730 pm<br><b>vinyasa flow 1.5</b><br>heather c                            | 615-730 pm<br><b>yin 1</b><br>hillary  | 630-730 pm<br><b>yogabasics 1</b><br>danny       |  |  | 430-530 pm<br><b>core flow 2</b><br>julie                                      |
|  | 630-730 pm<br><b>self defense for women*</b><br><i>starts 1/30 &amp; 2/27</i> | 630-730 pm<br><b>vinyasa flow 1</b><br>michael                                 | 630-745 pm<br><b>kundalini 1</b><br>holly        |  |  |  |

*\*advance registration required for all 4-week series & yogabarre classes  
 - visit [www.yogarichmond.com](http://www.yogarichmond.com) for more info -*