

Yellow Aura Yoga

Spiritual Awareness ♥ Creativity ♥ Joy



Monday	6am Vinyasa- Heather Kellogg	8am Vinyasa- Heather Kellogg	Noon Beginner- Becky Litwicki	3pm Wrists + Low Backs, + Feet- Heather Kellogg	6pm Free Community Yoga – Heather Kellogg
Tuesday	X	9am Beginner- Heather Kellogg	1pm Vinyasa- Heather Kellogg	X	7pm Restorative- Becky Litwicki
Wednesday	6am Vinyasa- Heather Kellogg	8am Vinyasa- Heather Kellogg	Noon Beginner- Heather Kellogg	X	6pm Vinyasa- Heather Kellogg
Thursday	X	9am Beginner- Heather Kellogg	1pm Vinyasa- Heather Kellogg	X	7pm Restorative- Becky Litwicki
Friday	6am Vinyasa- Heather Kellogg	8am Vinyasa- Becky Litwicki	Noon Beginner- Heather Kellogg	3pm Vinyasa- Heather Kellogg	Friday Night Events
Saturday	Private Events	9am Vinyasa- Heather Kellogg	10:30am Beginner- Heather Kellogg	Noon Restorative- Heather Kellogg	X
Sunday	X	10am Restorative- Katie Kuykendall	11:30am Vinyasa- Katie Kuykendall	X	X

Classes Begin December 4

For mobile class schedules, download the MINDBODY Connect app!