



WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				7:30-8:30a Kundalini Yoga & Meditation with Melissa		
		9:00-10:00a Intro to Yoga with Rita	8:30-9:30a Prenatal Yoga Series with Melissa	9:30-10:45a Undo & Renew with Allissa	9:00-10:00a Fascia Yoga with Melynda	
			10:00-11:00a Flow & Restore with Kali			
7:00-8:00p Power Yoga with Lynette	7:30-8:30p Slow Flow & Yoga Nidra with Amanda	7:00-8:15p Mindfulness Yoga & Meditation with Maria				

View class announcements/changes + special events calendar at:

moonriverwellness.com

116 Chestnut St E, Stillwater, MN 55082 / Compass Center for Healing Campus / Lower level