

March 2020

Willow Tree yoga Class Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	7:00 – 8:30 pm Kundalini Yoga (Y)	6:00 – 7:00 pm Stretch Class (B)	9:30-10:45 am Vinyasa Flow (E)			9:00-10:15 am Mixed Level Yoga (B)
8	9	10	11	12	13	14
	7:00 – 8:30 pm Kundalini Yoga (Y)	 6:00 – 7:00 pm Stretch Class (B)	9:30-10:45 am Vinyasa Flow (E)			9:00-10:15 am Mixed Level Yoga (TBD)
15	16	17	18	19	20	21
	7:00 – 8:30 pm Kundalini Yoga (Y)	 St. Patrick's Day 6:00 – 7:00 pm Stretch Class (TBD)	9:30-10:45 am Vinyasa Flow (E)			9:00-10:15 am Mixed Level Yoga (B)
22	23	24	25	26	27	28
	7:00 – 8:30 pm Kundalini Yoga (Y)	6:00 – 7:00 pm Stretch Class (B)	9:30-10:45 am Vinyasa Flow (E)			9:00-10:15 am Mixed Level Yoga (B)
29	30	31				
3:00 – 4:15 pm Restorative Yoga <i>*Pre-Registration Required \$16</i>	7:00 – 8:30 pm Kundalini Yoga (Y)	 6:00 – 7:00 pm Stretch Class (B) 7:00 – 8:00 pm MEDITATION	<i>“Worrying does not take away tomorrow’s troubles, but it does take away today’s peace.”</i>			

Teachers: B = Beatrice E = Erina Y=Yael

Visit Our Website: www.willowtreeyoga.net