

*Yamas: restraints

- Ahimsa – non-violence (compassion toward yourself & others)
- Satya – truth (being honest with thoughts, feelings & deeds)
- Asteya – non-stealing (being content with what comes to you)
- Brahmacharya – continence (self-restraint & moderation)
- Aparigraha – non-greed (not coveting what others have)

JUNE 2017

Windhorse Yoga Studio



www.WindhorseYogaStudio.com
903-592-9642

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>→ Classes start at scheduled time. Door is locked for safety. Sorry, no late admittance as it disrupts class.</p>	<p>Glow Yoga - Gentle low light practice by candlelight (and twinkling lights) to soothe your soul and quiet your mind. All levels. ॐॐॐ</p> <p>Warm Flow - Room is warmed to 85 degrees. Beginners welcome.</p>			<p>1</p> <p>10:30 a.m. Yoga - Taylor 4:30 p.m. Warm Flow- Kathy 6:00 p.m. Yoga Light – Michelle</p>	<p>2</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann 4:30 p.m. Yoga – Stephine</p>	<p>3</p> <p>11:00 a.m. Gentle - Michelle 1:00 p.m. Yin Yoga - Ryann</p>
<p>4</p> <p>10:30 a.m. to 11:30 am.- Gentle Yoga with Michelle 11:45 a.m.-12:15 p.m. Meditation with Michelle 4:00 p.m. Beginner's - Taylor</p>	<p>5</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Gentle Yoga – Susan</p>	<p>6</p> <p>10:30 -11:45 a.m. Yoga - Beverly 4:30 p.m. Warm Flow- Kathy 6:00 p.m. Shakti Yoga –Michelle</p>	<p>7</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow -Kathy 6:00 p.m. Beginner's - Susan 7:15 p.m. Glow Yoga - Taylor</p>	<p>8</p> <p>10:30 a.m. Yoga - Kathy 4:30 p.m. Warm Flow- Melissa 6:00 p.m. Yoga Light – Michelle</p>	<p>9</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann 4:30 p.m. Yoga – Stephine</p>	<p>10</p> <p>11:00 a.m. Yoga – Beverly 1:00 p.m. Barre Basics - Ryann</p>
<p>11</p> <p>10:30 a.m. Gentle - Kathy 4:00 p.m. Beginner's - Taylor 5:15 - 6:45 Restorative & Yoga Nidra - Shannon</p>	<p>12</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Gentle Yoga – Susan</p>	<p>13</p> <p>10:30 -11:45 a.m. Yoga - Beverly 4:30 p.m. Warm Flow- Melissa 6:00 p.m. Shakti Yoga –Melissa</p>	<p>14</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Beginner's - Susan 7:15 p.m. Glow Yoga - Taylor</p>	<p>15</p> <p>10:30 a.m. Yoga - Kathy 4:30 p.m. Warm Flow- Kathy 6:00 p.m. Yoga Light – Michelle</p>	<p>16</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann 4:30 p.m. Yoga – Stephine</p>	<p>17</p> <p>11:00 a.m. Yoga - Beverly 1:00 p.m. Yin Yoga - Ryann</p>
<p>18- CLOSED for FATHER'S DAY</p>	<p>19</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Gentle Yoga – Susan</p>	<p>20</p> <p>10:30 -11:45 a.m. Yoga - Beverly 4:30 p.m. Warm Flow- Melissa 6:00 p.m. Shakti Yoga –Melissa</p>	<p>21</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Beginner's - Susan 7:15 p.m. Glow Yoga - Taylor</p>	<p>22</p> <p>10:30 a.m. Yoga - Kathy 4:30 p.m. Warm Flow- Melissa 6:00 p.m. Yoga Light – Melissa</p>	<p>23</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann 4:30 p.m. Yoga – Stephine</p>	<p>24</p> <p>11:00 a.m. Yoga - Beverly 1:00 p.m. Barre Basics - Ryann</p>
<p>25</p> <p>10:30 a.m. Gentle - Kathy 4:00 p.m. Beginner's - Taylor</p>	<p>26</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Gentle Yoga – Susan</p>	<p>27</p> <p>10:30 -11:45 a.m. Yoga - Beverly 4:30 p.m. Warm Flow- Melissa 6:00 p.m. Shakti Yoga – Melissa</p>	<p>28</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow - Kathy 6:00 p.m. Beginner's - Susan 7:15 p.m. Glow Yoga - Taylor</p>	<p>29</p> <p>10:30 a.m. Yoga - Kathy 4:30 p.m. Warm Flow- Kathy 6:00 p.m. Yoga Light – Michelle</p>	<p>30</p> <p>9:00 a.m. Barre - Ryann 10:30 a.m. Hatha - Ryann 4:30 p.m. Yoga – Stephine</p>	<p>→ Last minute instructor substitutions may occur. ←</p>

*Yamas, and its complement, Niyamas, represent a series of "right living" or ethical rules within Yoga. They are a form of moral imperatives, commandments, rules or goals.

→ \$5.00 walk-in rate for week-end classes! ←