

# now:yoga

## winter 2020

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>8:30 am</b> [60 mins] MINDFUL MONDAYS mediation + discussion gala	<b>9:00 am</b> [60 mins] POSTNATAL YOGA clare a	<b>8:00 am</b> [60 mins] OPEN LEVEL VINYASA merav	<b>8:45 am</b> [60 mins] TAI CHI marijke	<b>10:00 am</b> [90 mins] INTERMEDIATE VINYASA jana	<b>10:00 am</b> [90 mins] INTERMEDIATE/ ADVANCED VINYASA frank	<b>9:00 AM</b> [75 MINS] PRENATAL YOGA shahar
<b>10:00 am</b> [90 mins] INTERMEDIATE VINYASA kim	<b>10:00 am</b> [90 mins] INTERMEDIATE VINYASA frank	<b>8:30 am</b> [60 mins] WOMEN'S CIRCLE mediation + discussion gala	<b>10:00 am</b> [90 mins] INTERMEDIATE VINYASA edward	<b>10:30 am</b> [75 mins] GENTLE BASICS lydia	<b>12:00 pm</b> [75 mins] INTERMEDIATE VINYASA erin	<b>10:30 am</b> [90 mins] INTERMEDIATE/ ADVANCED VINYASA renata
<b>10:30 am</b> [75 mins] YOGA FOR SENIORS babette	<b>12:15 pm</b> [60 mins] OPEN LEVEL VINYASA clare a	<b>9:15 am</b> [55 mins] PILATES MAT merav	<b>10:15 pm</b> [75 mins] PRENATAL YOGA clare a	<b>12:15 pm</b> [60 mins] OPEN LEVEL VINYASA amy	<b>12:15 pm</b> [75 mins] YOGA4CANCER jana	<b>12:30 pm</b> [75 mins] BASICS/ INTERMEDIATE VINYASA renata
<b>12:15 pm</b> [60 mins] OPEN LEVEL VINYASA edward	<b>12:30 pm</b> [75 mins] NOW YOGA BASICS frank	<b>10:00 am</b> [90 mins] INTERMEDIATE VINYASA clare r	<b>12:15 pm</b> [60 mins] OPEN LEVEL VINYASA joe	<b>3:00 pm</b> [60 mins] TAI CHI marijke	<b>2:00 pm</b> [75 mins] NOW YOGA BASICS erin	<b>2:00 pm</b> [90 mins] INTERMEDIATE VINYASA edward
<b>3:30 pm</b> [60 mins] TAI CHI jerry	<b>5:15 pm</b> [60 mins] VINYASA FOR STRENGTH eric	<b>10:30 am</b> [75 mins] YOGA FOR SENIORS babette	<b>4:15 pm</b> [65 mins] YOGA4CANCER lydia	<b>4:30 pm</b> [90 mins] OPEN LEVEL VINYASA + RESTORATIVE renata	<b>4:30 pm</b> [90 mins] STRETCH & RESTORE jana	<b>3:30 pm</b> [30 mins] MEDITATION edward
<b>5:15 pm</b> [60 mins] YIN YOGA dana	<b>6:30 pm</b> [75 mins] WARM VINYASA renata	<b>12:15 pm</b> [60 mins] OPEN LEVEL VINYASA amy	<b>5:15 pm</b> [60 mins] VINYASA FOR STRENGTH merav	<b>6:15 pm</b> [75 mins] OPEN LEVEL VINYASA joe		<b>4:00 pm</b> [60 mins] RESTORATIVE YOGA edward
<b>5:30 pm</b> [55 mins] PILATES MAT merav	<b>6:45 pm</b> [75 mins] PRENATAL YOGA clare r	<b>4:00 pm</b> [75 mins] INTERMEDIATE VINYASA renata	<b>5:30 pm</b> [70 mins] PRENATAL YOGA lydia			<b>5:15 pm</b> [60 mins] TAI CHI marijke
<b>6:30 pm</b> [75 mins] WARM VINYASA jana	<b>8:00 pm</b> [60 mins] TAI CHI marijke	<b>5:30 pm</b> [60 mins] NOW YOGA BASICS beth	<b>6:30 pm</b> [75 mins] WARM VINYASA frank			
<b>6:45 pm</b> [75 mins] NOW YOGA BASICS beth		<b>6:30 pm</b> [75 mins] WARM VINYASA sasha	<b>6:45 pm</b> [75 mins] YIN YOGA narisara			

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**61 4TH AVE ♦ 3RD FL**  
**BETWEEN 9TH AND 10TH**  
**(646) 596 7772 INFO@NOWYOGANY.COM**  
**@NOWYOGANY**

Be sure to check the **live schedule**  
for updates and substitutions:  
[nowyogany.com/schedule](http://nowyogany.com/schedule)