

Jiva Yoga Center Schedule

Monday

9am Jiva Flow - warm (75)
11am Gentle Yoga *
12:30pm Slow Flow Deep Stretch *
4:30pm Align & Flow *
5:45pm Jiva Flow - warm

Tuesday

9am Jiva Flow - warm (75)
9:15am Kundalini Yoga (90)
11am Gentle, Stretch & Restore *
12:30pm Slow Flow Deep Stretch *
5:45pm Stretch * Mobility *
5:45pm Jiva Flow - warm

Wednesday

9am Jiva Flow - warm (75)
9:15am Align & Flow *
11am Hatha *
12:30pm Chair Yoga ** Begins 3/1
5:45pm Slow Flow Deep Stretch *

Thursday

9am Jiva Flow - warm (75)
11am Yin Yoga *
12:30pm Slow Flow Deep Stretch *
5:45pm Core & Flow - warm

Friday

9am Jiva Flow (75)
9:15am Ashtanga Mix - warm (75)
11am Hatha *
12:30pm Slow Flow Deep Stretch *
4:30pm Jiva Flow - warm

Saturday

9am Jiva Flow - warm (75)
11am Align & Flow *

Sunday

9am Jiva Flow - warm (75)
11am Soulful Sunday (75) *
4pm Slow Flow Deep Stretch *