



## FOUNDATION

### Basic Building Blocks

Beginners Yoga  
Fundamentals Beg - Lvl 1  
Iyengar Beg - Lvl 1  
Yoga for Women  
Yin Vinyasa  
Therapeutic Yoga  
Embodied Asana  
Embodied Vinyasa  
Ashtanga Basics  
Restorative Yoga  
Community Classes  
Mindfulness Meditation  
Sound Healing Meditation

## INVIGORATE

### Strong + Flexible

#### *FLOW*

Mysore  
Qi Gong  
Ashtanga  
Yang Vinyasa  
Vinyasa Advanced  
Vinyasa Mixed Levels  
Short Form Ashtanga Vinyasa

#### *FORM*

Wall Ropes  
Iyengar Level 1-2  
Fundamentals Lvl 1-2

## UNWIND

### Calm + Relaxed

Soma Yoga  
Restorative Yoga  
Embodied Asana  
Therapeutic Yoga  
Embodied Vinyasa  
Everyday Mindfulness  
Mindfulness Meditation  
Sound Healing Meditation

DALLAS YOGA CENTER  
4525 Lemmon Ave. Suite 305  
214) 443-9642  
INFO@DALLASYOGACENTER.COM  
[DALLASYOGACENTER.COM](http://DALLASYOGACENTER.COM)

# DALLAS YOGA CENTER ~ March 2017

	Time	Class	Teacher	Studio
Monday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun
	7:00 - 8:00 am	Yang Vinyasa	Nicole	Earth
	8:00 - 9:00 am	Short Forms Ashtanga Vinyasa	Dean	Moon
	9:15 - 10:15 am	Therapeutic Yoga	Cheryl	Lotus
	9:15 - 10:30 am	Fundamentals Lvl 1	Kay	Earth
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Heather	Sun
	12:00 - 1:00 pm	Fundamentals Beg - Lvl 1	Caroline	Earth
	4:30 - 5:30 pm	Vinyasa Mixed Lvl	TBA	Lotus
	5:15 - 6:15 pm	Yang Vinyasa	Nicole	Earth
	6:00 - 7:15 pm	Vinyasa Mixed Lvl	Jessi	Moon
	6:00 - 7:30 pm	Yoga for Women	Jessica	Lotus
	6:15 - 7:30 pm	Fundamental Lvl 1	Shelagh	Sun
	6:30 - 7:45 pm	Iyengar Beg - Lvl	Chris	Earth
	7:30 - 8:30 pm	Meditation	Jessi	Moon
7:30 - 8:30 pm	Beginners Yoga	Cheryl	Sun	
Tuesday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun
	7:00 - 8:00 am	Fundamentals Lvl 1-2	Jessi	Earth
	8:00 - 9:00 am	Vinyasa Mixed Lvl	Molly	Lotus
	9:15 - 10:15 am	Beginners Yoga	Molly	Lotus
	9:15 - 10:30 am	Yang Vinyasa	Nicole	Moon
	9:15 - 10:45 am	Iyengar Level 1-2	Paula	Earth
	12:00 - 12:45 pm	Everyday Mindfulness	Daniel	Moon
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Lauren	Lotus
	12:00 - 1:00 pm	Therapeutic Yoga	Shelagh	Earth
	12:00 - 1:00 pm	Ashtanga Short Form	Dean	Sun
	5:00 - 6:00 pm	Vinyasa Mixed Lvl	Carla	Earth
	6:00 - 7:30 pm	Embodied Vinyasa Flow	Carla	Lotus
	6:00 - 7:45 pm	Ashtanga Led Primary	Kristen	Sun
	6:15 - 7:30 pm	Therapeutic Yoga	Mary	Moon
6:15 - 7:30 pm	Beginners Yoga	Shelagh	Earth	
7:30 - 8:45 pm	Fundamentals Beg - Lvl 1	Susan	Earth	
7:30 - 8:45 pm	Belly Dancing	Caroline	Lotus	
7:45 - 8:45 pm	Community Class	Teacher Trainee	Sun	
Wednesday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun
	7:00 - 8:00 am	Yang Vinyasa	Nicole	Earth
	8:00 - 9:00 am	Short Forms Ashtanga Vinyasa	Dean	Moon
	9:15 - 10:45 am	Embodied Asana	Jessica	Earth
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Heather	Sun
	12:00 - 1:15 pm	Therapeutic Yoga	Shelagh	Lotus
	12:00 - 1:15 pm	Fundamentals Beg - Lvl 1	Caroline	Earth
	5:15 - 6:15 pm	Yang Vinyasa	Nicole	Sun
	6:15 - 7:15 pm	Sound Healing Meditation	Lynn	Moon
	6:15 - 7:30 pm	Iyengar Lvl 1 - 2	Chris	Earth
	7:30 - 8:30 pm	Beginners Yoga	Cheryl	Lotus
	7:30 - 8:30 pm	Community Yoga	Teacher Trainee	Moon
	7:30 - 9:00 pm	Restorative Yoga	Chris	Earth

	Time	Class	Teacher	Studio	
Thursday	5:30 - 8:00 am	Mysore Ashtanga	Dean	Sun	
	7:00 - 8:00 am	Fundamentals Lvl 1-2	Jessi	Earth	
	8:00 - 9:00 am	Vinyasa Mixed Lvl	Molly	Lotus	
	9:15 - 10:15 am	Beginners Yoga	Molly	Lotus	
	9:15 - 10:30 am	Yang Vinyasa	Nicole	Earth	
	12:00 - 12:45 pm	Everyday Mindfulness	Daniel	Moon	
	12:00 - 1:00 pm	Therapeutic Yoga	Sandi	Earth	
	12:00 - 1:00 pm	Vinyasa Mixed Lvl	Lauren	Lotus	
	12:00 - 1:00 pm	Ashtanga Short Form	Dean	Sun	
	5:00 - 6:00 pm	Beginners Yoga	Caroline	Sun	
	6:15 - 7:30 pm	Fundamentals Lvl 1	Shelagh	Earth	
	6:15 - 7:30 pm	Vinyasa Mixed Lvl	Caroline	Lotus	
	7:30 - 8:45 pm	Beginners Yoga	Caroline	Earth	
	7:30 - 9:00 pm	Ashtanga Basics	Marisa	Sun	
Friday	6:00 - 7:30 am	Ashtanga Led Primary	Dean	Sun	
	6:30 - 7:30 am	Yang Vinyasa	Nicole	Earth	
	8:00 - 9:00 am	Short Forms Ashtanga Vinyasa	Dean	Moon	
	9:15 - 10:45 am	Vinyasa Mixed Lvl	Jessi	Moon	
	10:30 - 11:30 am	Fundamentals Beg - Lvl 1	Caroline	Earth	
	12:00 - 1:00 pm	Therapeutic Yoga	Cheryl	Moon	
	12:00 - 1:00 pm	Wall Ropes	Chris	Earth	
	12:00 - 1:15 pm	Vinyasa Mixed Lvl	Caroline	Lotus	
	4:30 - 5:45 pm	Vinyasa Mixed Lvl	Caroline	Lotus	
	6:00 - 7:30 pm	Restorative Yoga	Chris	Earth	
	Saturday	8:45 - 9:55 am	Fundamentals Lvl 1	Shelagh	Earth
		9:00 - 10:15 am	Soma Yoga	Carla	Lotus
		9:00 - 10:30 am	Iyengar Lvl 2-3	Paula	Moon
		10:15 - 11:30 am	Beginners Yoga	Shelagh	Sun
10:30 - 11:45 am		Embodied Vinyasa	Carla	Earth	
10:45 - 11:45 am		Therapeutic Yoga	Mary	Moon	
12:00 - 1:15 pm		Sound Healing Meditation	Lauren	Lotus	
12:00 - 1:30 pm		Yoga for Women	Jessica	Earth	
3:00 - 4:15 pm		Fundamentals Beg - Lvl 1	Caroline	Lotus	
Sunday		7:30 - 10:00 am	Mysore Ashtanga	Dean	Sun
		9:00 - 10:00 am	Wall Ropes	Chris	Earth
		9:00 - 10:15 am	Fundamentals Beg - Lvl 1	Mike	Moon
		10:30 - 11:30 am	Beginners Yoga	Caroline	Earth
		10:30 - 12:00 pm	Ashtanga Led Primary	Mike	Sun
	12:00 - 1:15 pm	Fundamentals Beg - Lvl 1	Caroline	Moon	
	12:00 - 1:15 pm	Vinyasa Mixed Lvl	Mike	Earth	
	12:15 - 1:15 pm	Mindfulness Meditation	Lynn/Cheryl	Sun	
	1:30 - 2:30 pm	Therapeutic Yoga	Lynn/Cheryl	Moon	
	1:30 - 2:45 pm	Restorative Yoga	Caroline	Earth	
	3:00 - 4:00 pm	Belly Dancing	Caroline	Sun	
	4:30 - 5:30 pm	Qi Gong	Brett	Sun	