

Unity Yoga Project July 2019 Schedule

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514 Beltrami Ave Bemidji, MN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Kundalini 12:00pm -1:00 Chakra Vinyasa all level 6:00pm- 7:15pm	2	3 4:15 pm- 5:30 Soma 5:45 pm- 6:45 Yin Donation Based Meditation 7:00 pm - 8:00	4	5 Yin 9:00 am- 10:00	6	7
8 Kundalini 12:00pm -1:00 Chakra Vinyasa all level 6:00pm- 7:15pm	9	10 4:15 pm- 5:30 Into to Soma Class 1 5:45 pm- 6:45 Yin Donation Based Meditation 7:00 pm - 8:00	11 Yoga for Back Care 4:45 pm- 5:45	12 TGIF Flow 6:30am-7:30 Yin 9:00 am- 10:00 Kundalini 1:00pm- 2:00	13 Slow Flow Yoga 8:00 am- 9:00 Yoga at Itasca 8:30-9:30	14
15 Kundalini 12:00pm -1:00 Chakra Vinyasa all level 6:00pm- 7:15pm	16	17 4:15 pm- 5:30 Intro to Soma Class 2 5:45 pm- 6:45 Yin Donation Based Meditation 7:00 pm - 8:00	18 Yoga for Back Care 4:45 pm- 5:45	19 TGIF Flow 6:30am-7:30 Yin 9:00 am- 10:00 Kundalini 1:00pm- 2:00	20 Slow Flow Yoga 8:00 am- 9:00 Yoga at Itasca 8:30-9:30	21
22 Kundalini 12:00pm -1:00 Chakra Vinyasa all level 6:00pm- 7:15pm	23	24 4:15 pm- 5:30 Intro to Soma Class 3 5:45 pm- 6:45 Yin Donation Based Meditation 7:00 pm - 8:00	25 Yoga for Back Care 4:45 pm- 5:45	26 TGIF Flow 6:30am-7:30 Yin 9:00 am- 10:00 Kundalini 1:00pm- 2:00	27 Slow Flow Yoga 8:00 am- 9:00	28 Book Club 4:00 pm Yoga Nidra 5:00pm -6:15
29 Kundalini 12:00pm -1:00 Chakra Vinyasa all level 6:00pm- 7:15pm	30	31 4:15 pm- 5:30 Into to Soma Class 4 5:45 pm- 6:45 Yin Donation Based Meditation 7:00 pm - 8:00				

Melissa Truax
Mandi Manteufel-Underwood

Gabrielle Congrave-Baggenstoss
Liz Potter

Shayna Connell
Olivia Stoll

Unity Yoga Project August 2019 Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Yoga for Back Care 4:45 pm-5:45 Vinyasa Level 2 6:00 pm- 7:00	2 Yin 9:00 am- 10:00	3 Yoga at Itasca 8:30-9:30	4
5 Chakra Vinyasa all level 6:00pm- 7:00pm	6	7 4:15 pm- 5:30 Into to Soma Class 5 Donation Based Meditation 7:00 pm - 8:00	8 Yoga for Back Care 4:45 pm-5:45 Vinyasa Level 2 6:00 pm- 7:00	9 Yin 9:00 am- 10:00	10 Slow Flow Yoga 8:00 am- 9:00	11
12 Chakra Vinyasa all level 6:00pm- 7:00pm	13	14 4:15 pm- 5:30 Into to Soma Class 6 Donation Based Meditation 7:00 pm - 8:00	15 Yoga for Back Care 4:45 pm-5:45 Vinyasa Level 2 6:00 pm- 7:00	16 Yin 9:00 am- 10:00 Kundalini 1:00pm- 2:00	17 Yoga at Itasca 8:30-9:30	18
19 Kundalini 12:00pm -1:00 Chakra Vinyasa all level 6:00pm- 7:00pm	20	21 4:15 pm- 5:30 Into to Soma Class 7 Donation Based Meditation 7:00 pm - 8:00	22 Yoga for Back Care 4:45 pm-5:45 Vinyasa Level 2 6:00 pm- 7:00	23 Yin 9:00 am- 10:00 Kundalini 1:00pm- 2:00	24 Slow Flow Yoga 8:00 am- 9:00	25 Free Yoga 3:00 pm Book Club 4:00 pm
26 Kundalini 12:00pm -1:00 Chakra Vinyasa all level 6:00pm- 7:00pm	27	28 4:15 pm- 5:30 Into to Soma Class 8 Donation Based Meditation 7:00 pm - 8:00	29 Yoga for Back Care 4:45 pm-5:45 Vinyasa Level 2 6:00 pm- 7:00	30 Yin 9:00 am- 10:00 Kundalini 1:00pm- 2:00	31	

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