



## FEBRUARY CLASSES

BodhiAndSol.com  
136 S. Woodland Blvd.  
DeLand, FL 32724

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30am 🌀 Rise & Flow with Tammy					
7:30-8:30am 🌀 Morning Flow with Christine		7:30-8:30am 🌀 Hump Day Hatha Flow with Amy		7:30-8:30am 🌀 Morning Flow with Christine		
9-10am Vinyasa with Christine	9-10am Vinyasa with Paige		9-10am Creative Fusion Flow with Ashley	9-10:15am Vinyasa with Monica	9-10:30am 🌀 Yin & Yang Yoga with Eneida	9-10am 🌀 Reset Flow with Amy
11- 12:15pm 🌀 Slow Flow with Gayle	11-12:15pm 🌀 Therapeutic Yoga with Monica	11-12:15pm 🌀 Yin Yoga with Paige	11-12:15pm 🌀 Therapeutic Yoga with Monica		11-12:15pm 🌀 Easy Does It with Tammy	
		12:30-1pm 🌀 Donation Open Stretch Class (come and go) with Ashley		12:30-1:30pm 🌀 Relaxing Flow & Meditation with Gayle		
5:30-6:45pm Calming Flow with Christine	6- 7pm 🌀 Family Yoga with Eileen	6- 7:15pm 🌀 Hatha with Meditation with Gayle	5:45-6:45pm Core Power Flow with Ashley			
			7:30-8:45pm Vinyasa Flow with Tammy			

**Beginner Appropriate or Gentle Classes:** 🌀