

## January-April Class Schedule - 2019

### Monday

5:30-6:30am (heated) - beFree Flow - Joanna Gifford  
9:00-10:15am (unheated) - Yoga Tune-Up - Amie Wilson  
**\*10:20am-10:40am (unheated) - Open for Meditation**  
12:00-1:15pm (warm) - beFree Flow - Amalia Balsler  
4:30-5:30pm (warm) - beGrounded - Gina Stainback  
6:00-7:15pm (heated) - beFree Flow - Elise Carter

### Tuesday

5:30-6:30am (heated) - beFree Flow - Holly Ingram  
9:00-10:30am (warm) - beAligned - Elise Carter  
11:00am-12:00pm (unheated) - beFree Begin - Amie Wilson  
6:00-7:00pm (heated) - beFree Flow - Sarah Carlyle

### Wednesday

5:30-6:30am (heated) - beFree Flow - Joanna Gifford  
9:00-10:15am (unheated) - Yoga Tune-Up - Gina Kretschmer  
**\*10:20am-10:40am (unheated) - Open for Meditation**  
12:00-1:00pm (heated) - beFree Flow - Holly Ingram  
4:30-5:30pm (warm) - beGrounded - Gina Stainback  
6:00-7:15pm (heated) - beFree Flow - Holly Ingram

### Thursday Dec 27

5:30-6:30am (heated) - beFree Flow - Austin Nash  
9:00-10:30am (warm) - beAligned - Holly Ingram  
11:00am-12:00pm (unheated) - beFree Begin - Holly Ingram  
6:00-7:00pm (heated) - beFree Flow - Austin Nash

### Friday

5:30-6:30am (warm) - beFree Flow - Gina Kretschmer  
9:00-10:15am (warm) - Yoga Tune-Up - Tanya Wood  
**\*10:20am-10:40am (unheated) - Open for Meditation**  
12:00-1:00pm (heated) - beFree Flow - Tanya Wood  
1:30-2:30pm (unheated) - beCalm - Tanya Wood  
5:00-6:15pm (heated) - Yoga Meltdown - Austin Nash

### Saturday

9:00-10:15am - (heated) - beFree Flow - Elise Carter  
**\*10:15am-10:35am (unheated) - Open for Meditation**  
11:00am-12:00pm - (unheated) - beGrounded - Sarah Carlyle

### Sunday

7:45-8:45am (warm) - beGrounded - Gina Stainback  
2:30-3:45pm (warm) - beFree Flow - Holly Ingram  
**3:55-4:25pm (unheated) - Meditation for beginners - Holly Ingram**  
5:00-6:00pm - (unheated) - beCalm - Katie Simpson/Taylor Clark rotation

## beFree Yoga Tyler Class Schedule



### CHANGES/ADDITIONS:

- **beFree 45 Day Meditation Challenge** - January 14 - February 27. Set a beautiful intention to approach 2019 in a mindful, thoughtful, more present and LESS STRESSED way. Also, there are sticker charts! Sign up in studio.
- **NEW \$5 Classes** - Saturday 11am and Sunday 5pm are NEW \$5 options, taught by select beFree YTT school graduates.
- **beFree Birthday Party** - Sunday, Feb 17. beFree turns 3 this February & we are planning a party! Save the date-we will have yoga, special treats, & our good friend Kenny coming to facilitate the first ever beFree DRUM CIRCLE!
- **Full Moon Meditation** - This has become one of our very favorite events: Meditation, journaling, pranayama, ceremony, singing, and sometimes there's even a little howling. Sign up in studio or online and join us.
- **Kenny Kolter Sound Therapy** - Sunday April 7 from 4:00-6:00pm. This event ALWAYS sells out and for good reason! Book online or in studio to save your spot.

Our online schedule can be found at [www.befreeyogatyler.com/classschedule/](http://www.befreeyogatyler.com/classschedule/) and is ALWAYS updated in real time with subs, class cancellations and other changes.