

# beFree Yoga Class Schedule - Fall 2019 (NEW options denoted with \*\*)



## Monday

5:30am (heated, 60min) - beFree Flow - Gina Kretschmer  
9:00am (unheated, 75min) - Yoga Tune-Up - Amie Wilson  
11:00am (unheated, 60min) - Gentle Yoga - Chris Bryant  
12:15pm (warm, 60min) - beFree Flow - Amalia Balsler  
4:30pm (warm, 60min) - beGrounded - Gina Stainback  
6:00pm (heated, 75min) - beFree Flow - Elise Carter

## Tuesday

5:30am (heated, 60min) - beGrounded - Joanna Gifford  
**\*\*7:15am (heated, 60min) - beFree Flow - Joanna Gifford**  
9:00am (warm, 90min) - beAligned - Elise Carter  
11:00am (unheated, 60min) - Gentle Yoga - Sarah Carlyle  
**\*\*1:30pm (heated, 60min) - FLOW 101 - Amalia Balsler**  
4:00pm - (unheated, 60min) - beFree KIDS 4-6 yrs - Katie Simpson  
6:00pm (heated, 60min) - beFree Flow - Sarah Carlyle

## Wednesday

5:30am (heated, 60min) - beFree Flow - Amie Wilson  
9:00am (unheated, 75min) - Yoga Tune-Up - Gina Kretschmer  
11:00am (unheated, 60min) - Gentle Yoga - Chris Bryant  
12:15pm (heated, 60min) - beFree Flow - Amie Wilson  
4:30pm (warm, 60min) - beGrounded - Gina Stainback  
**\*\*6:00pm (heated, 75min) - beFree Flow - Sheri Novas**

## Thursday

5:30am (heated, 60min) - beGrounded - Joanna Gifford  
9:00am (warm, 90min) - beAligned - Sarah Carlyle  
**\*\*11:00am (unheated, 60min) - Gentle Yoga - Kristen Griffin**  
**\*\*1:30pm - (heated, 60min) - FLOW 101 - Tanya Wood**  
4:00pm - (unheated, 60min) - beFree KIDS 7-10 yrs - Katie Simpson  
6:00pm (heated, 60min) - beFree Flow - Sergio Chavez

## Friday

5:30am (warm, 60min) - beFree Flow - Gina Kretschmer  
9:00am (warm, 75min) - Yoga Tune-Up - Tanya Wood  
**\*\*11:00am (unheated, 60min) - Tai Chi - Tim Sherwood**  
12:15pm (heated, 60min) - beFree Flow - Tanya Wood  
1:30pm (unheated, 60min) - beCalm - Katie Simpson

## Saturday

9:00am - (heated, 75min) - beFree Flow - Elise Carter  
10:25am (unheated, 20min) - Meditation - Elise Carter  
11:00am - (unheated, 60min) - beGrounded - Sarah Carlyle/  
YTT Interns

## Sunday

7:45am (warm, 60min) - beGrounded - Joanna Gifford  
**\*\*12:00pm (unheated, 60min) - Meditation - Katy West (first 3 Sundays of each month)**  
2:30pm (warm, 75min) - beFree Flow - Gina Stainback  
**\*\*5:00pm - (unheated, 60min) - beCalm - Taylor Clark**

## SPECIAL OFFERINGS:

•**beFree RETREAT - Yoga + SoundTherapy with Kenny Kolter, Elise Carter, and Kortni Hampton.** 3 days & 2 nights of yoga, sound therapy, & delicious, organic, chef-prepared meals for the entire weekend. Space is limited & this retreat is sure to be an incredible way to reset yourself - mind, body and spirit. Sign up by 9/15 for the early bird pricing! Oct 11-13 at Blackwood Educational Land Institute.

•**beFree Yoga 101** - Our beloved evening beginners workshop is back! This 8 session workshop will introduce & explore the foundations of yoga. Mon/Weds evenings at 7:30pm, Oct 7-30. \$59 members, \$79 non-mem

•**Prenatal Yoga with Elise**- pre-baby yoga bliss! Saturdays at 1pm, from Sept 14-Oct 5. We will explore this sacred phase of LIFE through yoga specifically designed to support healthy pregnancy and birth.

•**Tai Chi with Tim Sherwood** - After a summer of great turnout, this class has a regular home on the schedule, on Fridays at 11am. Come explore the beauty of this ancient practice.

•**beFree KIDS! with Katie**- Tues/Thurs throughout the fall. 4-6 yr old yogis meet on Tue & the 7-10s on Thu. Games, songs, crafts, & - of course - yoga! Join us for a WHOLE lot of fun! \$80 for 6 weeks or \$16 per class.

•**Kirtan with Jena** - Every 4th Friday of the month at 7pm, come learn new songs, meditate, and savasana to the beautiful sounds of the harmonium. \$5 to drop in.

*Our full schedule can always be found online at [www.befreeyogatyler.com](http://www.befreeyogatyler.com) and is updated daily with class subs, cancelations, etc.*