

beFree Yoga Tyler Class Schedule



January 2021 DOWNTOWN Class Schedule:

Monday

6:00-7:00am - warm flow - Grace Sterken
12:15-1:00pm - heated power - Amie Wilson
5:30-6:30pm - all-levels flow - Amie Wilson
7:30-8:30pm - slow flow - Tiffany Honea

Tuesday

6:00-7:00am - warm flow - Meghan Stern
9:00-10:15am - align - Megann Hagmann
12:15-1:00pm - power flow - Tiffany Honea
5:30-6:30pm - Yoga for Anxiety (unheated) - Joanna Gifford
7:30-8:30pm - slow flow - Elise Carter

Wednesday

6:00-7:00am - warm flow - Megann Hagmann
12:15-1:00pm - heated power - Amie Wilson
5:30-6:30pm - all-levels flow - Amie Wilson
**7:30-8:30pm - Every FIRST Weds of the month starting on 2/3/21, Unplug & Restore, a live acoustic guitar session + yoga class with Gary Patrick and Amie Wilson **

Thursday

6:00-7:00am - warm flow - Meghan Stern
9:00-10:15am - align - Elise Carter
5:30-6:30pm - all-levels flow - Grace Sterken

Friday

6:00-7:00am - heated flow - Megann Hagmann
9:00-10:00am - Yoga Sculpt - Christa Smith
12:15-1:00pm - heated power - Joanna Gifford

Saturday

10:00-11:00am - all-levels flow - Joanna/Elise/Gina

Sunday

7:45-8:45am - Sunday Service Yoga - Joanna/Elise/Gina/Megann
8:55-9:15am - Meditation for Beginners - Joanna/Elise/Gina/Megann - FREE TO ALL
3:00-4:00pm - warm flow - Meghan Stern
**5:00-6:00pm - SoundTherapy Singing Bowls & Meditation - Laurie Ann Frank & Susan Oravetz
Every FOURTH SUNDAY of the month! Free for members/class pass holders or \$10 drop in**

•We DO have **props** available in studio!

•Each class is limited in time to allow for full sanitizing & re-circulation of air in studio.

•We have **top-of-the-line HEPA/Ozone/UV light air purifiers** in both studio and lobby that run continuously through class and run on the "clean" cycle between classes and overnight.

•**200 Hour Yoga Teacher Training Open House**
January 30 after the 10am class. Come flow and stay after to hear about beFree's amazing, transformative, intense, and oh-so-worth it Yoga Alliance certified YTT program. Take a deep dive into yoga philosophy, anatomy, and asana. Learn to teach.

Learn how to serve your community.
YOU ARE READY FOR THIS.

•Beer & Yoga at Truevine

Every second Saturday of the month, 10am at Truevine, \$10 gets you a beautiful outdoor yoga class and a beverage of your choice! Some describe this as the perfect Saturday, and we can't disagree. :)

•Unplug & Restore

Starting on February 3, 2021 join us on the first Wednesday of each month for a very special evening of live music and yoga. An acoustic guitar set from Gary Patrick and a beautiful restorative slow class from Amie Wilson combine to create a truly magical experience. Included for members/class pass holders, or \$10 at the door.

•Our online schedule can be found at www.befreeyogatyler.com/classschedule/ and is ALWAYS updated in real time with subs, class cancellations and other changes.