

# beFree Yoga Tyler Class Schedule



## April 2021 CENTRAL Class Schedule:

### Monday

5:30-6:30am - flow (heated) - Megann Hagmann  
9:00-10:15am - all-levels (unheated) - Amie Wilson  
12:00-1:00pm - power hour (heated) - Amalia Balsler  
4:30-5:30pm - all-levels (warm) - Gina Stainback  
6:15-7:15pm - flow (heated) - Grace Sterken

### Tuesday

5:30-6:30am - flow (heated) - Joanna Gifford  
7:15-8:15am - all-levels (unheated) - Joanna Gifford  
9:00-10:15am - align (unheated) - Elise Carter  
4:00-5:00pm - Kids Yoga (Kinder-5th) - Katie Simpson  
6:15-7:15pm - flow (heated) - Amie Wilson

### Wednesday

5:30-6:30am - flow (heated) - Grace Sterken - \$5 drop-in  
9:00-10:15am - all-levels (unheated) - Amie Wilson - \$5 drop-in  
12:00-1:00pm - power hour (heated) - Christa Smith - \$5 drop-in  
4:30-5:30pm - all-levels (warm) - Gina Stainback - \$5 drop-in  
6:15-7:15 - flow (heated) - Gina Stainback - \$5 drop-in

### Thursday

5:30-6:30am - flow (heated) - Joanna Gifford  
7:15-8:15am - all-levels (unheated) - Joanna Gifford  
9:00-10:15am - all-levels (unheated) - Megann Hagmann  
7:00-8:00pm - Yin/Yin (unheated) - Taylor Clark

### Friday

5:30-6:30am - flow (heated) - Grace Sterken  
9:00-10:15am - all-levels (unheated) - Tiffany Honea  
12:00-1:00pm - power hour (heated) - Megann Hagmann

### Saturday

9:00-10:15am - flow (heated) - Joanna/Elise/Gina  
11am-12pm - all-levels (unheated) - Amanda Nelson - \$5 drop-in

### Sunday

7:45-8:45am - Sunday Service Yoga (all-levels, unheated) - Amanda/Joanna/Megann  
8:55-9:15am - Meditation for Beginners - Amanda/Joanna/Megann - FREE TO ALL  
12:00-1:00pm - ***Ancient Informative Guidance for the Deeper Inward Journey*** - a lecture & meditation series with Tim Sherwood - First 3 Sundays of the month & FREE TO ALL  
2:30-3:30pm - flow (heated) - Grace Sterken  
5:00-6:00pm - restorative (unheated) - Colleen Long/Katie Simpson

•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 YTT Begins April 10

beFree’s amazing, transformative, Yoga Alliance certified YTT program starts this month. 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. :)

#### •Full Moon Meditation is BACK!

Reserve your spot on **April 26 at 7:45pm**, because this fan favorite is finally back!

Led by Colleen Long, each month you will have the opportunity to take a deep dive into all things lunar - specific breathwork, a guided meditation, journaling exercises, and both aromas and soundscapes to enhance your experience. \$20 at the door, \$15 for members.

•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.