

beFree Yoga Tyler Class Schedule



April 2021 DOWNTOWN Class Schedule:

Monday

6:00-7:00am - all-levels (warm) - Grace Sterken
12:15-1:00pm - all-levels (warm) - Amie Wilson
5:30-6:30pm - flow (warm) - Amie Wilson
7:30-8:30pm - mellow flow (unheated, beginners) - Tiffany Honea

Tuesday

6:00-7:00am - all-levels (warm) - Meghan Stern
12:15-1:00pm - power flow (heated) - Tiffany Honea
5:30-6:30pm - Yoga for Anxiety (unheated) - Joanna Gifford
7:30-8:30pm - mellow flow (unheated, beginners) - Elise Carter

Wednesday

6:00-7:00am - all-levels (warm) - Megann Hagmann - \$5 drop-in
12:15-1:00pm - all-levels (warm) - Amie Wilson - \$5 drop-in
5:30-6:30pm - flow (warm) - Amie Wilson - \$5 drop-in
7:30-8:30pm - Candlelight Yoga Nidra - Susan Oravetz - \$5 drop-in

****7:30-8:30pm - Every FIRST Weds of the month
Unplug & Restore, a live acoustic guitar session + yoga class
with Gary Patrick and Amie Wilson, \$10 to reserve your spot ****

Thursday

6:00-7:00am - all-levels (warm) - Meghan Stern
12:15-1:00pm - power flow (heated) - Elise Carter
5:30-6:30pm - all-levels (warm) - Grace Sterken

Friday

6:00-7:00am - all-levels (warm) - Megann Hagmann
12:15-1:00pm - power flow (heated) - Joanna Gifford

Saturday

10:00-11:00am - all-levels (warm) - Joanna/Elise/Gina

Sunday

3:00-4:00pm - all-levels (warm) - 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 YTT Begins April 10**
beFree’s amazing, transformative, intense, Yoga Alliance certified YTT program begins 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. :)

•**Unplug & Restore**
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. \$10 reserves your spot and this event has sold out every single month!

•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.