

beFree Yoga CENTRAL - Summer 2021

Class Schedule



MONDAY

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

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) - Amanda Nelson
9:00-10:15am - all-levels (unheated) - Amie Wilson
12:00-1:00pm - dynamic flow (heated) - Megann Hagmann - \$5
4:30-5:30pm - all-levels (warm) - Gina Stainback
6:15-7:15 - flow (heated) - Gina Stainback

THURSDAY

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
6:15-7:15pm - dynamic flow (heated) - Megann Hagmann

FRIDAY

5:30-6:30am - flow (heated) - Meghan Stern
9:00-10:15am - all-levels (unheated) - Tiffany Honea
12:00-1:00pm - dynamic flow (heated) - Megann Hagmann

SATURDAY

9:00-10:15am - flow (heated) - Joanna/Elise/Gina
11am-12pm - all-levels (unheated) - rotating staff - \$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) - Megann Hagmann

- 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.

- Sound Extravaganza with Kenny Kolter We're callin it the Combo Meal :) On Sat, June 19 please join us for a Tibetan Bowl workshop, a SoundBath + Yoga, or both! \$35 per event or \$60 for both, register online or in studio and enjoy a beautiful afternoon of music at beFree.

- 200 Hour YTT in Progress beFree's amazing, transformative, intense, Yoga Alliance certified YTT program began in April. Look for and encourage the new teachers-in-training as they learn to teach.

- 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 June 25 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/ and is ALWAYS updated in real time with subs, class cancellations and other changes