



beFree Yoga DOWNTOWN - Summer 2021 Class Schedule

MONDAY

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

WEDNESDAY

12:15-1:00pm - all-levels (warm) - Amie Wilson - \$5 drop-in
5:30-6:30pm - flow (warm) - Amie Wilson
7:30-8:30pm - Candlelight Yoga Nidra - Susan Oravetz
**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 - early birds all-levels (warm) - Meghan Stern
12:15-1:00pm - all-levels (warm) - Elise Carter
5:30-6:30pm - Yoga for Anxiety (unheated) - Colleen Long

FRIDAY

12:15-1:00pm - all-levels (warm) - Tiffany Honea
5:30-6:30pm - YOGA MELTDOWN (heated) - Megann Hagmann

SATURDAY

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

SUNDAY

3:00-4:00pm - all-levels (warm) - Meghan Stern

- 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.

•YOGA MELTDOWN is BACK!
Back by popular demand, Meltdown is here for you! This class is a powerful, traditional vinyasa flow set to a jammin’ playlist with very little verbal cueing from your instructor, so that you can get lost in the music & your practice. It’s super fun, come try it out!

•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.

•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