



beFree Yoga DOWNTOWN - Fall 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) - Susan Oravetz
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

THURSDAY

6:00-7:00am - early birds all-levels (warm) - Meghan Stern
12:15-1:00pm - all-levels (warm) - Elise Carter
3:30-4:30pm - Kids Yoga (unheated, ages 4-10) - Katie Simpson
** KIDS YOGA STARTS SEPT 16**
5:30-6:30pm - Yoga for Anxiety (unheated) - Colleen Long

FRIDAY

10:30-11:30am - Tai Chi (unheated) - Tim Sherwood - \$5 drop-in
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) - Tiffany/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.

- Second Saturday of every month at 10am is Yoga & Beer at True Vine! \$10 for the class and a bevvy of your choice after. Some describe this as the perfect Saturday, and we can't disagree :)

- Book Club with Amie begins on Sept 15! Book club meets every Weds following the 12:15pm class DOWNTOWN. The Sept book is “The Gifts of Imperfection” by Brene Brown

- Full Moon Meditation
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.

- Alignment workshop with Gina & Amie at our Central studio from 2-4pm on September 25. Fine tune your poses, ask all your questions, and have a lot of fun with the process :)

- October 9-10 is our Fall Yoga & Sound Therapy retreat at High Hill Farm! This is one of the most restorative weekends around, with organic, farm-to-table meals, yoga led by beFree and Freedom Yoga, and sound magic from Kenny Kolter. Early bird pricing thru Sept 25.

•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