



in the South Eugene Wellness Center at 3575 Donald St., Suite 180

## SOUTHWIND IN-PERSON SUMMER SCHEDULE

More classes to be added in September!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:15-9:30			
		8:30 - 9:30	Flow 2	8:30 - 9:30		8:30 - 9:45
		Hatha 1	Erin	Hatha 1		Flow 2
	9:00 - 10:00	Valerie		Valerie	9:00 - 10:15	Jean
	Yoga				Strength &	in-person only
	Basics				Balance	
	Brie				Jennifer	
10:00-11:30		10:00-11:30	10:00-11:15	10:00-11:30		
Gentle		Gentle	Yoga	Core		10:15-11:30
Carolyn		Yoga	Basics	Awareness		Hatha 2
		Donna	Shanti	Donna		Jennifer
		12:00-1:00		12:00-1:00		12:00-1:00
		Strong		Strong		Prenatal
		Flow		Flow		Jennifer
		Arielle		Arielle		
		1:30 - 3:00	1:30-2:30			
		Gentle Yoga &	Chair Yoga			
		Yoga Nidra	Brie			
		Lisa				
					5:30 - 6:30	
					Friday Unwind	
6:00-7:15	6:00 - 7:15	Sound Baths	6:00-7:15	<i>series</i>	(Virtual)	
Gntl&Rest've	Flow (all)	and	Gntl&Rest've	<i>and</i>	Amalia	
w/ Nidra	Jean	Studio rentals	w/ Nidra	<i>special</i>		
Anne	in-person only		Anne	<i>events</i>		
			in-person only			