



#### **Monday**

- 9am - 10:30am Rise and Shine Vinyasa Yoga with Amy Lin  
11am - 12:30pm Release and Restore with Lisa  
6pm - 7:30pm Starting Small with Meg / *new class*  
6pm - 9pm Community Cafe (check online for current openings and menu [www.ensohmb.com](http://www.ensohmb.com))

#### **Tuesday**

- 7am - 8:15am Ashtanga Practice Group (no Instructor)  
9am - 10:30am Gentle Tantra Yoga with Amy  
6pm - 7:30pm Vinyasa Flow I/II with Natalie

#### **Wednesday**

- 9am - 10:30am Rise and Shine Vinyasa Yoga with Amy Lin  
6pm - 7:30pm Community Yoga (\$10 drop in or use class card) with Jessica

#### **Thursday**

- 7am - 8:15am Ashtanga Practice Group (no Instructor)  
9am - 10:30am Gentle Tantra Yoga with Amy  
6pm - 7:15pm Restorative Yoga with Setareh  
7:30-8:30 Qi Gong (check online for current sessions) with Judy

#### **Friday**

- 9am - 10:30am Gentle Yoga with Robert  
7:30pm - 9pm Check online for special offerings

#### **Saturday**

- 8am - 9:30am Vinyasa Flow Level II/III with Natalie  
10am - 11:30am Rise and Shine Vinyasa Yoga with Amy Lin

#### **Sunday**

- 9am - 10:30am Tantra Yoga Level II/III with Amy  
11am - 12:30pm Integrated Yin Yoga with Robert