



YOGA in COMMON **Studio & Online Classes**

JANUARY, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00 am Vinyasa FLOW Haileigh Fickes				
	9:30-10:30 am Vinyasa FLOW Megan Russell	9:30-10:30 am BASIC Hatha Megan Russell	9:30-10:30 am Vinyasa FLOW Meg Gist	9:30-10:30 am Gentle YIN Claire Liddle	9:30-10:30 am Vinyasa FLOW Sherry Peckham	9:30-10:30 am Vinyasa FLOW Sherry Peckham
					10:30-11:30 BASIC Hatha Kathy Hirschfeld	
11:00-12:15 Slow FLOW Haileigh Fickes	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:00 Functional Yoga: Strength & Vitality for Life Carolyn B	11:00-12:00 Yoga For The Inflexible Kathy Hirshfeld	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 GENTLE Yoga Sherry	11:00-12:15 Stretch and STRENGTHEN Danielle Guido
1:00-2:00 GENTLE Yoga Carolyn Bassett	1:00-1:45 pm Tai Chi Yoga Pass or \$7 Bill Tierney	1:00-2:00 Vinyasa FLOW Danielle Guido	1:00-2:00 Vinyasa FLOW Irene Adams 2:15-3:00 Meditation, free w/Pensri	1:00-2:00 Vinyasa FLOW Meg Gist	1:00-2:00 YIN Yoga Joanne Dagato	1:00-2:00 Slow FLOW Sue O'Brien 2:15-3:00 Meditation, free w/ Pensri or Joe D
3:00-4:00 pm RESTORATIVE Yoga Carolyn Bassett	4:30-5:30 pm GENTLE Yoga Sue Pearly	4:30-5:45 pm Slow FLOW Danielle Duvall	4:30-5:45 pm YIN Yoga Danielle Duvall	4:30-5:30 pm GENTLE Yoga Laura Bradford	4:30-5:30 Slow FLOW Sue O'Brien	4:30-5:45 pm KUNDALINI Yoga Laura Bradford
	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:15 pm Journey Into POWER Yoga Ged Duvall	6:00-7:00 pm 'Reiki Release' Sessions Walk-in, \$1/min Rita or Destiny	6:00-7:00 pm PILATES All-levels mat class Yoga Pass or \$16 Kristin Johnson	5:45-6:45 pm Belly Dance Yoga Pass or \$16 Christine Bonaparte	SAT, JAN 30 4:00-4:30 pm KIRTAN (music) Led by Laura B FREE! All welcome
		7:30-8:30 pm GENTLE Yoga Whitney D		7:30-8:30 pm Healing Reiki FLOW Yoga Lindsay W	LATE NIGHT YOGA, all levels FLOW Yoga FRIDAY, JAN 29 7:30-8:30 pm, \$10 Danielle Guido	

Classes in **BLACK**: Combination class—come into the Studio (maximum of 8) **OR** participate Livestream via ZOOM.

Classes in **RED: studio only** with physical distancing and other safety measures.

****Please pre-register for every class: on the Mindbody App; on our Website; or Call us!****

Please NOTE : Face Coverings are REQUIRED in the Boutique & Hallways. They are optional once you are seated on your mat.

3062 Deville Street, Myrtle Beach, SC 29577 in The Market Common 843.839.9636 yogaincommon.com