



YOGA in COMMON CLASSES **November, 2022**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
| 9:30-10:45 am Yoga as Medicine Maura Utley | 9:30-10:30 am Vinyasa FLOW MacKenzie Montgomery | 9:30-10:30 am BASIC Hatha Sherry P | 9:30-10:30 am Vinyasa FLOW Stephanie C | 9:30-10:30 am Gentle YIN Claire Liddle | 9:30-10:30 am Vinyasa FLOW Sherry Peckham 10:00-11:00am HATHA Yoga Kathy H | 9:30-10:30 am BASIC Hatha Sherry Peckham |
| 11:00-12:00 Slow FLOW Ben Sota 11:30-12:30 Power Hour Maura Utley | 11:00-12:00 BASIC Hatha Sue Pearly | 11:00-12:15 Forrest FLOW Yoga Joanna Ducey | 11:00-12:00 Yoga for the Inflexible Kathy Hirschfeld | 11:00-12:00 Align & FLOW Claire Liddle | 11:00-12:00 GENTLE Yoga Sherry Peckham | 11:00-12:00 pm Vinyasa FLOW Sue O'Brien 12:15-1:15pm Tai Chi (all levels) \$7 or Yoga Pass Michael Muckin |
| 1:30-2:30 pm GENTLE Yoga Sue Pearly or Sheri Stoddard | 12:15-1:15 pm Tai Chi (all levels) Bill Tierney \$7 or Yoga Pass | 12:30-1:30 pm Vinyasa FLOW Stevie Goggans | 12:30-1:30 Forrest FLOW Yoga Joanna Ducey | 12:30-1:30 pm Vinyasa FLOW Alex Christie | | 1:30-2:15pm Mindfulness Meditation by donation Joe D or Jackie S |
| 3:00-4:00 pm RESTORATIVE Yoga Sue Pearly or Sheri Stoddard | | | 2:30-3:30pm GENTLE Yoga Mackenzie M | | 2:30-3:30pm GENTLE Yoga Mackenzie M | 3:00-4:00 pm GENTLE Yoga Irene Adams |
| 4:10-4:50 pm Mindfulness Meditation by donation various leaders | 4:30-5:30 pm GENTLE Yoga Sue Pearly 5:30-6:45 pm Kundalini Yoga Laura Bradford | 5:30-6:30 pm Active Breathwork Michael Muckin | 4:30-5:30 pm YIN Yoga Joanne Dagato 5:30-6:15 pm Vinyasa FLOW Sue O'Brien | 4:30-5:30 pm GENTLE Yoga Janeen Anderson | 5:15-6:15 pm Soothing Vinyasa FLOW Stevie Goggans | |
| | 6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido | 6:00-7:00 pm YIN Yoga Sheri Stoddard | 6:30-7:30 pm HATHA Yoga & Meditation Jackie Snyder | 6:00-7:00 pm Vinyasa FLOW Kathy Hirschfeld Or Janeen A | 6:15-7:15 pm YIN + Flow Yoga Sheri Stoddard | |
| | | 7:15-8:15 pm GENTLE Yoga Irene Adams | | | | |

BLACK: Studio ONLY **RED:** Studio & ZOOM

3062 Deville Street, Myrtle Beach, SC 29577

in The Market Common

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yogaincommon.com