



YOGA in COMMON CLASSES **October, 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 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 10:30-11:15 am Stretch & Grow Toddler Yoga
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 Hirshfeld	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 GENTLE Yoga Sherry Peckham	11:30-12:30 pm Vinyasa FLOW Sue O'Brien 1:00-2:00 pm 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		2:10-2:50 pm Mindfulness Meditation <small>by donation</small> Joe D or Jackie S
3:00-4:00 pm RESTORATIVE Yoga Sue Pearly or Sheri Stoddard			2:30-3:30 GENTLE Yoga Mackenzie M		2:30-3:30 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	5:00-5:45 pm Restorative Breathwork A Meditation Session <small>by donation or</small> <small>yoga pass</small> 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	4:15-5:15 pm Belly Dance All levels, \$10pp Christine Bonaparte 4:30-5:30 pm RESTORATIVE Joanne Dagato	
	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	5:30-6:30 pm Soothing Vinyasa FLOW Stevie Goggans	
		7:15-8:15 pm GENTLE Yoga Whitney Dodenhoff			6:30-7:30 pm YIN + Flow Yoga Sheri Stoddard	

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

3062 Deville Street, Myrtle Beach, SC 29577

in The Market Common

843.839.9636

yogaincommon.com