





































INYE AT A GLANCE

Fall/Winter Schedule starts **October 14th, 2024**; In-studio & virtual option available for all practices

MON	TUES	WED	THUR	FRI	SAT	SUN
7:00AM  DEEP STRETCH Beginner Friendly	6:30AM  DEEP STRETCH Beginner Friendly	7:00AM  HATHA I Beginner Friendly	6:30AM  DEEP STRETCH Beginner Friendly	7:00AM  RISE & SHINE Beginner Friendly	8:00AM (Starts Nov 2) HATHA Experienced	8:30AM  HATHA I-II Advanced
9:30AM  TANTRA HATHA Experienced	9:30AM  HATHA Experienced	9:30AM  DEEP STRETCH Beginner Friendly	9:30AM  SLOW RELEASE FLOW Experienced	10AM  HATHA Experienced	8:15AM  AYURYOGA Beginner Friendly	10AM  HATHA Experienced
12:00PM  SLOW RELEASE FLOW Experienced	12:00PM HATHA Experienced	12:00PM HATHA Experienced	12:00PM HATHA Experienced	12:00PM  DEEP STRETCH Beginner Friendly	10AM  HATHA I-II Advanced	12:00PM  VINYASA Experienced
1:30PM GENTLE Beginner Friendly	1:30PM YIN YANG YOGA Experienced	1:30PM  AYURYOGA Absolute Beginner	1:30PM YIN YANG YOGA Experienced		12:00PM  VINYASA Experienced	
					4:30PM  DEEP STRETCH Beginner Friendly	
5:30PM  HATHA Experienced	5:30PM  VINYASA Experienced	5:30PM  HATHA Experienced	5:30PM  HATHA Experienced	5:30PM  HATHA I-II Advanced		5:30PM  HATHA Experienced
7:00PM  HATHA I-II Advanced	7:00PM GENTLE Beginner Friendly	7:00PM  HATHA I-II Advanced	7:00PM  HATHA I-II Advanced	5:30PM REIKI RESTORATIVE Beginner Friendly		5:45PM MANTRA MEDITATION Beginner Friendly
7:30PM HATHA I w/ CANDLELIGHT Yoga Outreach Absolute Beginner	7:30PM MIDWEEK RESTORATIVE Yoga Outreach Absolute Beginner	7:30PM DEEP STRETCH Yoga Outreach Absolute Beginner	7:30PM YOGA 101 Yoga Outreach Absolute Beginner	7:00PM  YIN YANG YOGA Experienced		7:00PM  SOOTHING STRETCH Absolute Beginner
8:30PM  SLOW RELEASE FLOW Beginner Friendly	8:30PM  YIN MEDITATION Experienced	8:30PM HYPNOYOGA (CHIT SHAKTI) Beginner Friendly	8:30PM  SLOW RELEASE FLOW Beginner Friendly			

 **Hot** - Summer (32C-35C) / Winter (34C-37C)
 **Warm** - Summer (28C-30C) / Winter (28C-32C)
Regular - Summer (24C-26C) / Winter (24C-27C)

*A Yoga mat is required for all practices. Two yoga blocks & a strap are highly recommended.
 ** Yin Meditation, HypnoYoga & Restorative practices are most beneficial with a bolster, a blanket, and two yoga blocks.