

# Take Heart Yoga

## FEBRUARY SCHEDULE

### Studio Info:

Schedules May Be Found on:

#### Website

[www.takehearttyogahenderson.com](http://www.takehearttyogahenderson.com)

#### Instagram

Take\_Heart\_Yoga

#### Email

[Takehearttyoga@yahoo.com](mailto:Takehearttyoga@yahoo.com)



702-789-4814



#### Facebook

Take Heart Yoga Henderson

*We recommend enrolling online for your class-classes may change with little notice.*

Join Nita: February 29<sup>th</sup> 4-6pm for a beautiful Restorative w/ Live Music \$35 RSVP

\$10 Drop-In Special

Welcome Special...  
3 Classes \$20

New a La Carte Class  
Pack 10 classes \$79  
Good for 6 Months

Download the app or stay tuned on IG & FB-  
LOOK FOR SPECIAL POP-UP CLASSES

### Monday

10:15-11:15am All Level Yoga w/Karen

11:30-12:30pm Yin Yoga w/ Aromatherapy: Karen

5:30-6:30pm All Level Yoga w/ Julie

6:45-7:45pm Gentle Flow & Restorative Yoga w/ Julie

### Tuesday

10:00-11:00am All Level Yoga w/Alternating Wendy & Subs

11:15-12:15pm No Stress Yoga w/Alternating Wendy & Subs

4:00-5:00pm Mat Pilates w/ Tetiana

6:15-7:15pm Vinyasa /Yin w/ Shalane

### Wednesday

10:15-11:15am All Level Yoga w/ Karen

11:30am-12:30pm Flow & Restore Yoga w/ Amy

5:30-6:30pm All Level Yoga w/Corrina

### Thursday

10:00-11:00am All Level Yoga w/Karen& Wendy

11:15-12:15pm Hot Stone Yoga w/ Karen & Wendy

4:00-5:00pm Mat Pilates w/ Tetiana

6:00-7:00pm All Level Yoga w/ Michelle

### Friday

10:15-11:15am All Level Yoga w/ Karen

11:30-12:45pm Chakra Yoga All Level w/ Karen

*Special Event- \*Complimentary COMMUNITY CLASS(Fridays in Feb.)*

*7:30-8:30am Sunrise All Level Yoga w/ Michele C.*

### Saturday

9:00-10:00am All Level Yoga w/ Corrina

10:15-11:15am Restorative Yoga w/ Corrina

### Sunday

10:00-11:00am All Level Power Flow Yoga -w/ Karen

11:15-12:15pm Yin Yoga w/ Aromatherapy: Karen

#### Special Events:

Sunday Hatha Yoga with Sundari 8:30-9:30am

*Sliding Scale \$10-\$15 Members & Non-Members*

2/16 Root Chakra Workshop with Karen 1-3pm \$25 RSVP

2/9 1-2:30pm Yoga from the Heart-Giving back to local causes.

All Level Yoga w/ Amy

This class min \$10 donation, proceeds will be forwarded to support local non-profit StreetDogz. You'll also receive a complimentary pet friendly /person friendly doTERRA essential oil- to take home. If you have any food, blankets or pet donations- it is all appreciated.