

Take Heart Yoga

MARCH SCHEDULE

Studio Info:

Schedules May Be Found on:

Website

www.takehearttyogahenderson.com

Instagram

Take_Heart_Yoga

Email

Takehearttyoga@yahoo.com



702-789-4814



Facebook

Take Heart Yoga Henderson

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

Workshop w/ Summer Growing Resilient Minds 2:30-3:30pm \$20

Join Jaimee 3/7 1-3pm Functional Movement Workshop \$35

Join Nita: March 28th 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

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/ Wendy (Corrina 3/3)

11:15-12:15pm No Stress Yoga w/Wendy (Corrina 3/3)

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

New Time!! 5:30-6:30pm Vinyasa /Yin w/ Shalane (Wendy 3/24)

****Special Event 6:45-8:15pm Kundalini w/ Corina B.****

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

Wednesday

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

****Special Event 11:30am-12:30pm-Complimentary Community Class****

Flow & Restore Yoga w/ August

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

****Special Event Las Vegas Kirtan-Doors open 7:15pm Sliding Scale \$10-\$15****

Thursday

10:00-11:00am All Level Yoga w/Wendy (Karen 3/5)

11:15-12:15pm Hot Stone Yoga w/ Wendy (Karen 3/5)

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

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

Friday

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

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

****Special Event 6:00-7:30pm Kundalini w/ Corina B.****

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

Saturday

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

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

****Special Event 11:30-12:15pm AUM KidSpirit Yoga Ages 6 & up****
w/ Sundari-(\$10 Payable to Sundari at the time of class)

No class w/ Sundari 3/28

****Special Event 3/21 3-4pm-Complimentary Community Class****

Stretch & Restore Yoga w/ Michele C.

Sunday

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

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

****Special Event: 8:30-9:30am Sunday Hatha Yoga with Sundari ****

Sliding Scale \$10-\$15 Members & Non-Members *No Class w/ Sundari 3/29

****Special Event 3/15 Sacral Chakra Workshop with Karen 1-3pm \$25 RSVP****