

# { Lyons Yoga Class Schedule with Isha }

[www.LyonsYoga.com](http://www.LyonsYoga.com) ~ 303.823.2459

**February 14 – March 28, 2009 Schedule**  
**Please arrive 5-10 minutes early to set-up and relax!**

NOTE! No class February 21 due to Adesha Retreat; see [www.adesha.com](http://www.adesha.com) for details.

Tuesday:

7:45 - 9AM All Levels

5 - 6:15PM Beginning/Intermediate

Wednesday:

5 - 6PM Intro to Meditation\*

Thursday:

Private yoga and spiritual guidance sessions only (see services for the soul for details.)

Friday:

Private yoga and spiritual guidance sessions only (see services for the soul for details.)

Saturday:

9 - 10:15AM Meditation/Restorative

10:30 - 11:45 Beginner/Intermediate

## **March 31 – May 30 Schedule**

Tuesday:

7:45 - 9AM All Levels

5 - 6:15PM Intermediate Flow

Wednesday:

5 - 6:15PM Meditation Instruction/Restorative Yoga

Thursday:

Private yoga and spiritual guidance sessions only (see services for the soul for details.)

Friday:

Private yoga and spiritual guidance sessions only (see services for the soul for details.)

Saturday:

8:30 - 10AM Meditation/Restorative

10:15 - NOON Raja \*Register for Raja Yoga Class Now!\* or call 303.823.2459 for more information.

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NOTE! Yoga classes will be suspended during the month of June. Isha will be in New York for ordination from The New Seminary.