



440 Middlesex Road, Tyngsboro, MA
 Toll Free: (855) YOGA-FUN Local: (978) 386-3660
 www.windsoulstudio.com

Calendar of Events February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00AM Gentle Morning Flow (Renee) 10:30AM Vinyasa Flow (Lindsay) 5:30PM Vinyasa Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (Lisa)	9:00AM Align & Slow Flow Yoga (Kara) 10:30AM Vinyasa Flow (Julie G) 7:30PM Glow with the Flow - Glow Back to the 90s (Chuck) 9AM-5PM Pranayama - The Power of Breath (2 Day Training)
9:00AM Gentle Morning Flow (Gail) 10:30AM Vinyasa Flow (75min-Ravi) 3:30PM Harness The Power of Pranayama Class w/Gail (90 mins) 6:30PM Relax Gentle Yoga with Aromatherapy (Chuck)	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (70min-Chuck) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I)	8:00AM Guided Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Align & Slow Flow Yoga (Cornelia) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck)	9:00AM Gentle Morning Flow (Renee) 10:30AM Vinyasa Flow (Jenny) 5:30PM Vinyasa Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (Stacylynn)	9:00AM Align & Slow Flow Yoga (Cornelia) 10:30AM Broga® Yoga (Chuck) 1:00PM Angel Healing Oracle Readings with Jill Kwitkiwski (by appt)
3	4	5	6	7	8	9
8:00AM Guided Meditation (Diane) 9:00AM Gentle Morning Flow (Kim) 10:30AM Vinyasa Flow (75min-Ravi) 2:00PM Restorative Yoga for Life with guest author Gail Grossman 6:30PM Relax Gentle Yoga with Aromatherapy (Chuck)	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (70min-Chuck) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I)	8:00AM Guided Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Align & Slow Flow Yoga (Lindsay) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck)	9:00AM Gentle Morning Flow (Renee) 10:30AM Vinyasa Flow (Jenny) 5:30PM Vinyasa Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (Gail)- Heart Opening Flow 3:30PM-7:30PM Intuitive Tarot Readings with Michelle Guillemette (by appt)	9:00AM Align & Slow Flow Yoga (Kara) 10:30AM Vinyasa Flow (Julie G) 4:00PM Angel Healing and Restorative Yoga with Reiki (Gail & Teresa -2hrs)
10	11	12	13	14	15	16
9:00AM Gentle Morning Flow (Gail) 10:30AM Vinyasa Flow (75min-Ravi) 1:00PM The Rising Soul: Module 1 Understanding Energy (Gail) 6:30PM Relax Gentle Yoga with Aromatherapy (Lindsay)	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (70min-Ali) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I)	8:00AM Guided Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Align & Slow Flow Yoga (Cornelia) 5:30PM Relax Gentle Yoga with Aromatherapy (Lindsay) 7:00PM Vinyasa Flow (Lindsay)	9:00AM Gentle Morning Flow (Renee) 10:30AM Vinyasa Flow (Jenny) 5:30PM Vinyasa Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (Stacylynn)	9:00AM Align & Slow Flow Yoga (Cornelia) 10:30PM Vinyasa Flow (Deborah) 9AM-12PM Readings with Spirit Artist Nancy Smith (by appt)
17	18	19	20	21	22	23
8:00AM Guided Meditation (Diane) 9:00AM Gentle Morning Flow (Kim) 10:30AM Vinyasa Flow (75min-Ravi) 3:30PM Angels Among Us - Intro to Angels Workshop w/Teresa Baker-Opland 6:30PM Relax Gentle Yoga with Aromatherapy (Lindsay)	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (70min-Ali) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I) 9AM-12PM Angel Readings with Teresa Baker-Opland (by appt)	8:00AM Guided Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail)	9:00AM Align & Slow Flow Yoga (Cornelia) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 5:30PM The Rising Soul: Psychic Development Circle 7:00PM Broga® Yoga (Chuck)		
24	25	26	27	28		

Please note: All classes are 60 min, unless otherwise noted. Classes can run 5-10 minutes over, so please plan accordingly or let your instructor know if you have to depart promptly at the 60 min mark. Please refer to our website or phone us for any scheduling changes that may occur during the month. Thank you!!