

*Emergence*  
18 Classes

# MAY 2021 YOGA SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> <u>ENERGY BALANCE</u> <u>YIN YOGA</u> (53 min)
<b>2</b> <u>DRAGON LAVA FLOW</u> (30 min)	<b>3</b>	<b>4</b> <u>YIN YOGA for the</u> <u>HEART w/PRANAYAMA</u> <u>&amp; MEDITATION (60 min).</u>	<b>5</b>	<b>6</b> <u>YIN YANG YOGA</u> <u>with BIJA MANTRAS</u> (60 min)	<b>7</b>	<b>8</b> <u>INSTINCTIVE</u> <u>MEDITATION</u> (15 min)
<b>9</b> <u>YIN YOGA for</u> <u>the UPPER BODY</u> (60 min)	<b>10</b>	<b>11</b> <u>FUNCTIONAL</u> <u>YOGA FLOW</u> (60 min)	<b>12</b>	<b>13</b> <u>SUPPORTED YIN</u> <u>for HEALING</u> (45 min)	<b>14</b>	<b>15</b> <u>ANIMAL PARADE</u> <u>YANG YOGA</u> (30 min)
<b>16</b> <u>YIN YOGA for QUADS,</u> <u>HIPS &amp; PSOAS</u> (60 min)	<b>17</b>	<b>18</b> <u>FULL BODY YIN</u> <u>for RELAXATION</u> (60 min)	<b>19</b>	<b>20</b> <u>YANG TO YIN WITH</u> <u>GOLDEN SEED FLOW</u> (30 min)	<b>21</b>	<b>22</b> <u>HEART-OPENING YIN</u> (60 min)
<b>23</b> <u>MEDITATION</u> <u>FOR HEALING</u> (20 min)	<b>24</b>	<b>25</b> <u>VIN TO YIN:</u> <u>ENERGIZE &amp; STRETCH</u> (30 min)	<b>26</b>	<b>27</b> <u>YIN YOGA for SLEEP</u> (30 min)	<b>28</b>	<b>29</b> <u>YIN YOGA</u> <u>for the HIPS</u> (60 min)
<b>30</b> <u>FLOOR-BASED</u> <u>YIN YANG YOGA</u> (30 min)	<b>31</b>	<p><b>How It Works:</b> This is a month-long journey of 4 yoga classes a week. Class videos are released throughout the month every Sun, Tues, Thurs &amp; Sat. The classes will be pre-recorded, and each class video will be available for 2 days.</p>				<p><b>Jump in any time</b> - Missed a class or two? No biggie, just jump in with the class that's scheduled for today.</p> <p><b>Welcome to our yoga community</b> - Use the Comments tab below each video to say hello, make comments or ask questions for Devi. And if you haven't yet, be sure to join our <a href="#">private Facebook discussion group</a></p>