



SUN AND MOON YOGA REGULAR SCHEDULE

MONDAY

10:30am-12:00pm Vinyasa Flow (Level 1-3 Beginners Ok!) w/Em (E)

7:30pm-9:00pm Vinyasa Flow (Level 1-4 Beginners Ok!) w/ Em (E)

TUESDAY

9:30am-10:45am Vinyasa Flow (Level 1-3, Beginners OK!) w/Carla(E)

12:30pm-2:00pm Restorative Yoga COMMUNITY (1,000yen) (All Levels-Beginners OK!) w/Mayumi (J)

7:30pm-9:00pm Yin Myofascial Release (All Levels, Beginners OK!) w/Em (E)

WEDNESDAY

10:30am-12:00pm Vinyasa COMMUNITY (1,000yen) (Level 1-4 Beginners OK!) w/Em (E)

7:30pm-9:00pm Hatha + Sound Bath (Level 1-3 Beginners OK!) w/Sophia(E) & Devi Moe*

THURSDAY

10:30am-11:45am Vinyasa Flow (Level 1-3, Beginners OK!) w/Carla(E)

7:30pm-9:00pm Hatha/Restorative (Level 1-3 Beginners ok!) w/Sophia (E)

FRIDAY

10:30am-12:00pm Vinyasa Flow (Level 1-3 Beginners Ok!) w/Em (E)

7:30pm-9:00pm Restorative Yoga (All Levels, Beginners OK!) w/Leza* (w/Sumako(J) on 1st FRIDAY, w/Nao* on 3rd FRIDAY)

SATURDAY

8:30am-10:00am Ashtanga Yoga (Level 2-4) w/Hatsumi*

10:30am-12:00pm Vinyasa Flow (Level 1-3 Beginners OK!) w/Leza*

(1st/3rd/5th Saturday) 12:45pm-2:00pm Gentle Hatha + Restorative Yoga (All Levels, Beginners OK!) w/Kumiko (J)

(2nd/4th Saturday) 12:45pm-2:00pm Restorative Yoga + Body Therapy (All Levels, Beginners OK!) w/Satomi (J)

(1st/3rd/5th Saturday) 2:30pm-4:00pm We offer different classes every week! Please check our calendar on [web](#).

(2nd/4th Saturday) 2:30pm-4:00pm Vinyasa Flow (Level 1-3 Beginners OK!) w/Yuko*

SUNDAY

8:00am-9:30am Reiki Healing Yoga (Level 1-2 Beginners OK!) w/Kiyomi(J)

10:30am-12:00pm Vinyasa Flow (Level 1-4) w/Em (E)

12:30pm-2:00pm Ashtanga Basics (Level 1-4 Beginners OK!) w/Em (E)

2:30pm-4:00pm Hatha Yoga Basics (Level 1-3 Beginners OK!) w/Kumiko(J), Sumako(J), Nao*

4:30pm-6:00pm Restorative Yoga (All Levels-Beginners OK!) w/Kumiko(J), Sumako(J), Nao*