

FOR MORE CLASS INFORMATION DOWNLOAD OUR APP
(ANAHATA YOGA SANCTUARY) OR PLEASE VISIT

ANAHATAYOGAATX.COM

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MONDAY

9AM Ashtanga Vinyasa*

10:30AM Grounded Yoga

12PM (45min) Framework

4:30PM Yoga & Meditation

6PM Vinyasa Flow*

7:15PM Breathwork

TUESDAY

7AM Vinyasa

8:30AM Mindful Vinyasa*

10AM Foundations

4:30PM Fascia Flow

6PM Vinyasa Flow*

7:15PM Candlelight:
Restore

WEDNESDAY

9AM Ashtanga Vinyasa*

10:30AM Slow Flow & Sound

12PM Fascia Flow

4:30PM Breathwork

6PM Foundations

7:15PM Beginner Kundalini

THURSDAY

8:30AM Mindful Vinyasa*

10AM Hatha & Sound

4:30PM Hatha Flow

6PM Vinyasa Flow*

7:15PM Candlelight:
YIN & Sound

FRIDAY

7AM Mindful Vinyasa

9AM Hatha Flow

10:30AM Fascia Flow

12PM Grounded Yoga

SPECIAL Check Calendar for
EVENTS Scheduled Events

SATURDAY

9AM Kundalini Strength

10:30AM (75min) Ashtanga

SPECIAL Check Calendar for
EVENTS Scheduled Events

SUNDAY

9AM Sunday Chill

10:30AM Easy Tai Chi

4:30PM Breathwork

6PM YIN & Sound



**SCAN ME
FOR MORE
INFO**

NEW SCHEDULE AS OF MARCH
2026

CLASS SCHEDULE & DESCRIPTION:

BEGINNER KUNDALINI:

Beginner-friendly, Slow Integration, Accessible, Grounding, Breath & Mantra

KUNDALINI STRENGTH:

Kundalini-Inspired, Mantra, Energy Alignment

FOUNDATIONS:

Beginner-Friendly, Alignment, Breath Awareness, Gentle Movement

YOGA & MEDITATION:

Grounding, Deep Relaxation, Mind-Body Soothing

FRAMEWORK (45 min):

Inner Strength, Dynamic, Drills, Core-building

YIN & SOUND

All Levels, Soothing, Relaxing, Deep Surrender w/Singing Bowls

SLOW FLOW & SOUND:

Gentle Flow, Meditative, Sound Healing, Stress Relief

FASCIA FLOW:

Deep Release, Myofascial Therapy, Flexibility, Self-Massage

VINYASA FLOW:

Creative Flow, Playful, Energetic, Dynamic, Rhythmic Movement

CANDLELIGHT: RESTORE

All Levels, Restorative, Deep Relaxation, Renewal

GROUNDING YOGA:

Earth Connection, Stability, Strength, Mindful Movement

HATHA FLOW:

Slow & Strong, Alignment, Breath-Focused, Traditional Yoga. SOUND include bowls.

MINDFUL VINYASA:

Dynamic, Strength-Building, Playful, Accessible Progressions

SUNDAY CHILL:

All Levels, Intentional, Mindful, Curated to each unique class.

EASY TAI CHI:

Gentle Movement, Balance, Stress Relief, Mind-Body Connection

BREATHWORK & RESET:

Nervous System Reset, Stress Relief, Emotional & Somatic Healing

ASHTANGA VINYASA:

Structured, Breath-Powered, Traditional Practice, Strength & Discipline. Teacher is there to guide.