

## INDOOR CLASS SCHEDULE:

### MONDAY

**6:00 pm** Yoga Blast  
with Maha Devi

**6:30 pm** All Levels Yoga  
with Michelle @ Tucker Rec.  
Center

**7:30 pm** The Deep Unwind  
with Candika

### TUESDAY

**6:00 pm** Beginners Yoga  
with Ganesh Giri

**6:30 pm** All Levels Yoga  
with Ashley @ Tucker Rec. Center

**7:30 pm** Yoga for a Healthy Back  
with Phil McWilliams

### WEDNESDAY

**6:00 pm**  
Yoga Blast with Maha Devi

**7:30 pm** Spiritual Growth &  
Meditation with Acharya Swami  
Jaya Devi

### THURSDAY

**6:00 pm** All Levels Yoga  
with Tara Devi

**6:30 pm** All Levels Yoga  
with Ashley @ Tucker Rec. Center

**7:30 pm** Guided Meditation  
with Tara Devi

### SATURDAY

**10:00 am**  
Into the Heart of Practice: Shakti  
Yoga & Pranic Healing  
with Acharya Swami Jaya Devi

**10:00 am** All Levels Yoga  
with Miriam @ Tucker Rec. Center

**12:00 pm** Lunch Hour Yoga  
with Brandon

### SUNDAY

**8:30 am** Yoga for Seniors  
with Jane Weir

**10:00 am** Pilates with Sodashi

**12:00 pm** Lunch Hour Yoga  
for Beginners with Bhava Jaya

## INDOOR CLASS GUIDELINES

[Download the Kashi Safety Protocol documentation](#) for additional information and guidelines.

- Masks required until you reach your mat; observing CDC safety recommendations that unvaccinated people keep their masks on throughout the class for their own safety.
- Temperature checks will be conducted upon arrival.
- Class sizes are reduced and will follow social distancing protocols.
- Only one class in the building at a time. We hope to add more classes to our in-person offerings as space and safety considerations allow.
- All classes are now 60-minutes to allow for more transition time.
- **For indoor classes, please arrive 10 minutes before class begins.** Your teacher will be locking the front door when class starts.