

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

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.