

SANKOFA YOGA

TYPES OF CLASSES



STRETCH FOCUSED CLASSES

Yin Yoga (*gentle*) Sundays @ 11AM
Sankofa Stretch + Flow Mondays @ 7:15PM
Breathe, Stretch, Flow (*active*) Wednesdays @ 7PM
Yoga for Stiff Joints (*gentle*) Thursdays @ 7:15PM
Sankofa Deep Stretch (*gentle*) Saturdays @ 11:15AM
Yoga for Strength & Flexibility (*very active*) Thursdays @ 6PM



VINYASA/FLOW CLASSES

Sacred Flow (*all-levels*) Sundays @ 10AM
Sankofa Flow (*all-levels + intermediate*) Mondays @ 6PM, Saturdays @ 10AM
Yoga for Beginners (*all-levels*) Tuesdays @ 6PM
Freedom Flow (*all-levels + active*) Tuesdays @ 7:15PM
Breathe, Stretch, Flow (*all-levels + active*) Wednesdays @ 7PM
Yoga for Strength & Flexibility (*very active*) Thursdays @ 6PM
Vibe + Chill (*all-levels*) Fridays @ 6PM
Rise + Flow (*all-levels*) Thursdays @ 7AM



RELAXING & GENTLE CLASSES

Yin Yoga (*gentle*) Sundays @ 11AM
Slow Flow + Sound Bath (*gentle*) Sundays @ 5PM
Meditation for Awareness + Inner Wisdom (*gentle*) Wednesdays @ 8AM
Relax, Relate, Release (*gentle*) Wednesdays @ 6PM
Yoga for Stiff Joints (*gentle*) Thursdays @ 7:15PM
Sankofa Deep Stretch (*gentle*) Saturdays @ 11:15AM

INTENSE “WORKOUT” FOCUSED YOGA CLASSES*

Sankofa Summer Body (*very active*) Tuesdays @ 7AM
Yoga for Strength & Flexibility (*very active*) Thursdays @ 6PM
Yoga for Fitness & Weight-Loss (*very active*) Saturdays @ 9AM

**hand-weights used*

