



beFree Yoga Class Schedule - October 2022

MONDAY

6:00-7:00am - flow (warm) - Ashley Nieto
 9:00-10:15am - all-levels (unheated) - Amie Denson
 12:15-1:15pm - flow (warm) - Amie Denson
 4:45-5:45pm - all-levels (warm) - Gina Stainback
 6:15-7:15pm - flow (heated) - Megann Hagmann
 7:30-8:30pm - yin/mellow (unheated) - Tiffany Honea

TUESDAY

6:00-7:00am - flow (warm) - Tori Goddard
 7:05-8:20am - all-levels (warm) - Sarah Carlyle
 9:00-10:30am - align (unheated) - Elise Carter
 12:15-1:15pm - flow (warm) - Amie Denson
 6:15-7:15pm - flow (heated) - Ashley Nieto
 7:30-8:30pm - yin/mellow (unheated) - Jena Estoconing

WEDNESDAY

6:00-7:00am - flow (warm) - Ashley Nieto
 9:00-10:15am - all-levels (unheated) - Amie Denson
 12:15-1:15pm - flow (warm) - Amie Denson
 1:15-2:15pm - book club - Amie Denson
 4:45-5:45pm - all-levels (warm) - Gina Stainback
 6:15-7:15pm - flow (heated) - Gina Stainback

THURSDAY

6:00-7:00am - flow (warm) - Tori Goddard
 7:05-8:20am - all-levels (warm) - Sarah Carlyle
 9:00-10:30am - all-levels (unheated) - Elise Carter
 12:15-1:15pm - flow (warm) - Elise Carter
 6:15-7:15pm - Yoga for Anxiety (unheated) Colleen Long
 7:30-8:30pm - Tai Chi (unheated) - Tim Sherwood

FRIDAY

9:00-10:15am - all-levels (unheated) - Tiffany Honea
 10:30-11:30am - Tai Chi (unheated) - Tim Sherwood
 12:15-1:15pm - flow (warm) - Tiffany Honea
 6:15-7:30pm - Yoga Meltdown (heated) - Megann Hagmann

SATURDAY

9:00-10:15am - flow (warm) - Tiffany/Gina/Elise
 10:00-11:15am - POP-UP - location shifts
 11:00am- 12:00pm - \$5 drop in yoga (unheated)

SUNDAY

7:45-8:45am - all-levels (unheated) - rotating staff
 8:55-9:15am - guided meditation - rotating staff
 3:00-4:00pm - flow (warm) - Tori Goddard
 5:00-6:00pm - restorative (unheated) - Lori Flick

SPECIAL EVENTS/INFO

We have top-of-the-line HEPA/Ozone/UV light air purifiers that run continuously through class and run on the clean cycle between classes & overnight.

We have POP UPS every Saturday at 10am!

- 1st Sat - Montez Creekside (Whitehouse)
- 2nd Sat - True Vine Brewing (Earl Campbell)
- 3rd Sat - Cafe 1948 (Downtown Square)
- 4th Sat - Lost Sheep Coffee (Bullard)

FULL MOON MEDITATIONS

Led by Colleen Long, each month you will have the opportunity to take a deep dive into all things lunar - specific breathwork, a guided meditation, journaling exercises, a beautiful soundbath, and intentional ceremony. \$20 at the door, \$15 to members

YOGA 101

We run this amazing beginner/refresher/deepening workshop twice a year and it's ALWAYS a fav. Join Amie Denson on 4 Wednesday evenings from 7:30-8:45pm for a dive into all things yoga - the poses, the limbs, the alignment, the how-to and the beauty of the practice. Yoga 101 is so accessible to ANY student, whether you've never ever practiced before or just want to learn more!

4 Weeks: Weds: 10/15 -11/9

Our online schedule can be found at www.befreeyogatyler.com/yoga-schedule/ and is always updated in real time with subs, class cancelations, and other changes.

