



Holistic Yoga Inc. - March 2020 Classes

- **SUNDAYS - 10 a.m.**, MEDITATION (teachers vary)
- **MONDAYS - 11 a.m.**, TAICHI with Kim
- **MONDAYS - 6 p.m.**, All Levels YOGA with Linda**

**** Third Monday (3/16) is Restorative Yoga. As there is limited space, please sign up in advance on the sheet posted in the prop room. Thank you.**

- **TUESDAYS - 6 p.m.**, Heart-Healthy YOGA with Aruna
- **WEDNESDAYS - 10 a.m.**, Accessible YOGA with Deborah
- **WEDNESDAYS - 5:30 p.m.**, TAICHI with Kim
- **THURSDAYS -10 a.m.**, *Stretch with Straps-YOGA with Aruna*
- **FRIDAYS - 10 a.m.**, YOGA for Balance with Deborah
- **SATURDAYS - 10 a.m.**, Osteo-YOGA with Aruna

Holistic Yoga Inc.
13490 Taft Street, Brooksville
352.616.0527

Dates, times and teachers may be subject to change

HOLISTIC YOGA | [Website](#)