

Class Schedule



BLiSS Ann Green Yoga
+ Embodied Therapy

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	Vinyasa Flow	Happy Hips	Hatha Flow	9:15am Yoga with Ann	Yin Yoga with Alyssa	Yoga Plain and Simple	
9:30am		Aerial Foundations		Aerial Foundations			
11:00am		Chair yoga with Kate		Chair yoga with Kate		Breath Experience with Antony	
5:30pm	Hatha Flow with Vagal Echos	Yin Yoga with Alyssa		Hatha Flow			
7:00pm	Hatha Recalibrate with Maia			Restorative with Maia			

Book your class online at www.anngreenyoga.com/schedule