

Class Schedule



BLISS Ann Green Yoga
+ Embodied Therapy

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	Yoga with Alyssa	Yoga with Alyssa	Yoga with Alyssa	Yoga with Alyssa	Yoga with Alyssa		
11:00am		Chair yoga with Kate	Discover yoga with Kate	Chair yoga with Kate		Breath Experience with Antony	
4:00pm	Vagul reset yoga with Ashleigh		Uplift Black Youth & Beatbox Studio 4-7pm				
5:30pm	Sound therapy with Ashleigh	Yoga with Alyssa		Roll, release + restorative yoga with Maia			
7:00pm	Hatha Recalibrate with Maia						

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