

Class Schedule this Summer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM Vinyasa <small>all Levels</small> The Source	11:00 AM Yin S&H	10:00 AM Vinyasa <small>all Levels</small> The Source (every other week) 10.00 AM Kids yoga Enshin (every other week)	11:00 AM Yin S&H	09:30 AM Vinyasa <small>all Levels</small> The Source	08:30 AM Vinyasa <small>all Levels</small> The Source	09:30 AM Beginner EMW 10:30 AM Prenatal EMW
7:15 PM Yin EMW						

EMW – East Meets West Yoga Center in Vienna, VA
 The Source: The Source Yoga in McLean, VA
 S&H: Sport & Health, Mc Lean (the Regency)
 Enshin – Enshin Karate in Vienna, VA

YOGA NIDRA workshop once a month on Sundays 1:30-3:30 PM @EMW
 360 Yoga with a Wheel workshop once a month on Sat or Sun 1:30-3:30 PM @EMW