

## Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	08:30 AM Hatha EMW	08:00 AM Hatha Sytera Yoga		08:00 AM Hatha Sytera Yoga		09:30 AM Beginner EMW
	11:00 AM Yin S&H		11:00 AM Yin S&H			12:30 PM Vinyasa S&H
7:15 PM Yin EMW	4:30 PM Kids yoga Enshin	4:30 PM Kids yoga Enshin	Private class			

EMW – East Meets West Yoga Center in Vienna, VA

Sytera 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