

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 am Meadowlark walk and yoga EMW	11:00 AM Yin S&H	8.00 AM Hatha Sytera Yoga 10.00 am Hatha EMW 11.30 am Pilates EMW	11:00 AM Yin S&H	8:00 AM Hatha Sytera Yoga 11.15 am Pilates EMW	11.30 Yogalates S&H	9:00 am Beginner EMW 11:00 pm Restorative Sytera Yoga
6:30 PM SPA yoga EMW		6.00 pm Yoga Sculpt EMW	4.30 pm Private class 6.30 pm Yin EMW			1.30 pm Nidra Workshop* EMW 4.30 pm Yin S&H

EMW – East Meets West Yoga Center in Vienna, VA

Sytera Yoga: in McLean, VA

S&H: Sport & Health, McLean (the Regency)

*YOGA NIDRA workshop once a month on Sundays 1:30-3:30 PM @EMW

