

Silk Wind Studio

2018 Summer/Fall Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
BAGUA 8:30am - 9:30am						YIN YOGA 8:15am - 9:30am
TAI CHI 9:30am - 10:45am		YOGA : ALL LEVELS 9:30am - 10:45am	IRON YOGA (yoga w/weights) 9:30am - 10:45am		YOGA ON THE BALL 9:30am- 10:45am	YOGA : ALL LEVELS 9:30am - 10:45am
YOGA BASICS 11:00am - 12:15pm	TAI CHI 11:00am - 12:15pm		Restorative YOGA 11:00am - 12:15pm			TAI CHI 11:00am - 12:15pm
						QIGONG & Taoist Meditation 12:30-1:30pm
	YOGA BASICS 6:00pm - 7:15pm	TAI CHI 6:30pm - 7:30pm	YOGA : ALL LEVELS 6:00pm - 7:15pm	CHAIR YOGA 6:00pm - 7:15pm		
	YIN YOGA & Restorative 7:30pm - 8:45pm	BAGUA 7:30pm - 8:45pm	TAI CHI 7:30pm - 8:45pm	YOGA : ALL LEVELS 7:30pm - 8:45pm		

SILK WIND STUDIO

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