

Silk Wind Studio

Class Schedule (effective April 1, 2019)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
BAGUA 8:30am - 9:30am						YIN YOGA 8:15am - 9:30am
TAI CHI 9:30am - 10:45am		IRON YOGA (yoga w/weights) 9:30am - 10:45am	YOGA : ALL LEVELS 9:30am - 10:45am		YOGA PLAY (chair, ball, props) 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	BEGINNER TAI CHI SERIES (4/9-4/30) 6:30pm - 7:30pm	BEGINNER YOGA SERIES (4/10-5/1) 6:00pm - 7:15pm	YOGA BASICS 6:00pm - 7:15pm		
	YOGA FLOW 7:30pm - 8:45pm	BAGUA 7:30pm - 8:45pm	TAI CHI 7:30pm - 8:45pm	YOGA FLOW 7:30pm - 8:45pm		

SILK WIND STUDIO

1 Schwab Rd. #1

Melville, NY 11747

631-424-8305

www.silkwindstudio.com