

Silk Wind Studio

Class Schedule (effective Jan 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		YOGA : ALL LEVELS 9:30am - 10:45am	YOGA BASICS 9:30am - 10:45am		YOGA : ALL LEVELS 9:30am - 10:45am	YOGA : ALL LEVELS 9:30am - 10:45am
YOGA BASICS/ Beginner Series 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	IRON YOGA (yoga w/weights) 6:00pm - 7:15pm	YOGA for a Health Back 6:00pm - 7:15pm		
	YOGA ON THE BALL 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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