

BendnMove Class Schedule (Please check website as the schedule is subject to changes)

All classes are now online and in person. Please connect to live streaming here: <https://zoom.us/j/3924649396> PW: 172662.

Monday:

@10:00 am Gentle Yoga for Every Body

@5:00 pm Gentle Yoga

Tuesday:

@10:00 am Yoga for Vibrant Health

@5:30 pm Yoga for Healthy Hips and Back

Wednesday:

@7:00 am Gentle Yoga for Every Body - Morning Jo

@8:05 am Morning Mantra Meditation (It's Free)

@10:00 am Gentle Yoga for Every Body

@5:00 pm Gentle Yoga with Fascia Release

Thursday:

@Noon Yoga for Vibrant Health

@5:30 pm Gentle Restorative Yoga with Milo

Friday:

@10:00 am Yoga for Balance, Body and Breath

Noon Awareness through Movement (In Studio only)

Saturday:

@9 am Vedic Mantra Chant (Third Saturday of the month 1/21)

@10:00 am Yoga for Every Body

Sunday:

@5:00 pm Group Sound Therapy on the Third Sunday of each month