



Stevie's Healing Arts & Spa... and Yoga



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am		able bodied with Rayce			able bodied with Rayce	able bodied ujam with Khatherine	No Sunday Classes in December WE WILL BE CLOSED FOR THE HOLIDAY DECEMBER 23-26
10:15-11am	fat/broken with Moriah					Reiki Restorative with Melanie	
11:15-12:00pm	restorative with Moriah	fat/broken with Moriah		fat/broken with Moriah	able bodied with Moriah	able bodied with Nasha	
12:30-1:30pm			fat/broken with Jaimee			Pilates Smart Spine with Tetiana	
4:00-5:00pm		Pilates Smart Spine with Tetiana					
5:15-6pm		able bodied with Janessa	fat/broken with Mercedes				
6:15-7pm	fat/broken with Janessa	fat/broken with Janessa	able bodied with Mercedes	fat/broken with Janessa	Reiki Restorative with Melanie		
7:15-8pm	Restorative with Janessa		Restorative with Mercedes	able bodied with Nasha	able bodied Ujam with Khatherine		

*** classes or class times may be added, deleted, or changed at any time. Please refer to the [Mind Body App](#) for the most current schedule ***

Fat or Broken: Yoga styled for the beginner with modified positions for big boobs, big bellies, or aches and pains. 45 min class with time for reflection and meditation to heal the body, mind and soul.

Able Bodied: Our intermediate level difficulty class. Yoga styled for those who want to continue building their strength and healing their spirit.

All Levels: A mixed style class incorporating vinyasa yoga as well as attention to alignment and technique. Modifications are given allowing the students to choose a more beginning or more advanced practice according to their needs. A beautiful opportunity to be inspired by your fellow students of all levels

Restorative: Holding supported passive yoga poses (seated or laying) for longer periods, focused on healing, inside and out, and finding "in the moment" bliss

Reiki Restorative: Restorative yoga with the added healing power of Reiki, a Japanese form of healing that increases the flow of life force energy

Smart Spine: Focuses on core stretching exercises to help strengthen the muscles supporting the spine

UJAM Unites world beats with urban flavor and takes you around the world from Hip-Hop to Bollywood, with an athletic cardio workout that tones your body & leaves you begging for more.