



440 Middlesex Road, Tyngsboro, MA
 Toll Free: (855) YOGA-FUN Local: (978) 386-3660
 www.windsoulstudio.com

Calendar of Events

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM Gentle Morning Flow (Gail) 10:30AM Vinyasa Flow (75min-Dwight) 6:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 1	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (Chuck) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail) 2	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I) 3	8:00AM Spiritual Guided Journey Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 4	9:00AM Align & Strengthen (Julie I) 4:00PM Align & Slow Flow Yoga (Saeeda) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck) 5	9:00AM Align & Strengthen (Renee) 10:30AM Vinyasa Flow (Jenny) 4:00PM Junior Yogis (Ages 7-12) -2020 Spring Session 5:30PM Refreshing Friday Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 6	9:00AM Align & Strengthen (Cornelia) 10:30AM Vinyasa Flow (Julie G) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck) 7
9:00AM Gentle Morning Flow (Kim) 10:30AM Vinyasa Flow (75min-Jenny) 6:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 8	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (Chuck) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail) 9	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I) 10	8:00AM Spiritual Guided Journey Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 11	9:00AM Align & Strengthen (Cornelia) 4:00PM Align & Slow Flow Yoga (Saeeda) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck) 12	9:00AM Align & Strengthen (Renee) 10:30AM Vinyasa Flow (Jenny) 4:00PM Junior Yogis (Ages 7-12) 5:30PM Refreshing Friday Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 13	9:00AM Align & Strengthen (Cornelia) 10:30AM Vinyasa Flow (Julie G) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck) 14
9:00AM Gentle Morning Flow (Gail) 10:30AM Vinyasa Flow (75min-Ravi) 4PM-6PM Reawaken Your Root - Yin with Live Celtic Music (Julie I) 6:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 15	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (Chuck) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail) 16	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I) 17	8:00AM Spiritual Guided Journey Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 18	9:00AM Align & Strengthen (Cornelia) 4:00PM Align & Slow Flow Yoga (Saeeda) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck) 19	9:00AM Align & Strengthen (Renee) 10:30AM Vinyasa Flow (Jenny) 4:00PM Junior Yogis (Ages 7-12) 5:30PM Refreshing Friday Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 20	9:00AM Align & Strengthen (Cornelia) 10:30AM Recharge Move and Flow (Chuck) 9AM-5PM Gentle and Restorative Yoga Training - Part 1 of 2 21
9:00AM Gentle Morning Flow (Kim) 10:30AM Vinyasa Flow (75min-Ravi) 6:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 9AM-5PM Gentle and Restorative Yoga Training - Part 1 of 2 22	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (Chuck) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail) 23	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I) 24	8:00AM Spiritual Guided Journey Meditation (Diane) 9:30AM Align & Slow Flow Yoga (Kim) 4:00PM Align & Slow Flow Yoga (Kara) 5:30PM Vinyasa Flow (Julie G) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 25	9:00AM Align & Strengthen (Cornelia) 4:00PM Align & Slow Flow Yoga (Saeeda) 5:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 7:00PM Broga® Yoga (Chuck) 26	9:00AM Align & Strengthen (Renee) 10:30AM Vinyasa Flow (Jenny) 4:00PM Junior Yogis (Ages 7-12) 5:30PM Refreshing Friday Flow (Kara) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Lindsay) 27	9:00AM Align & Strengthen (Cornelia) 10:30AM Vinyasa Flow (Julie G) 10:30AM Awaken The Healer Within - Module 2 28
9:00AM Gentle Morning Flow (Gail) 10:30AM Vinyasa Flow (75min-TBA) 1:00PM Team Windsoul Benefit Yoga Class 6:30PM Relax Gentle Yoga with Aromatherapy (Chuck) 29	8:00AM Yin & Yang Gentle Yoga (Checka) 9:30AM Vinyasa Flow (Checka) 4:00PM Align & Slow Flow Yoga (Julie I) 5:30PM Recharge Move and Flow (Chuck) 7:00PM Yinstorative Candlelight Yoga & Meditation (75min-Gail) 30	9:00AM Yin & Yang Gentle Yoga (Julie G) 10:30AM Vinyasa Flow (Julie G) 5:30PM Vinyasa Flow (Checka) 7:00PM Align & Slow Flow (75min-Julie I) 31				

Please note: All classes are 60 min, unless otherwise noted. Classes can run 5-10 minutes over, so please plan accordingly or let your instructor know if you have to depart promptly at the 60 min mark. Please refer to our website or phone us for any scheduling changes that may occur during the month. Thank you!!