

# YOGA MARCH SCHEDULE



YogaSalaQuesta.org • YogaSalaQuesta@gmail.com • 575-224-2102

## WEEKLY CLASSES

### MONDAY

- EVENING **Zumba • 5:30-6:30 pm**, Valerie

### TUESDAY

- MORNING **Zumba • 8:30-9:30 am**, Valerie
- MORNING **Gentle Yoga Practice • 10:00-11:00 am**, Gaea
- EVENING **Yoga Flow & Deep Stretch • 5:30-7:00 pm**, Jaide

### WEDNESDAY

- EVENING **Gentle Yoga Practice • 5:30-7:00 pm**, Lou

### THURSDAY

- MORNING **Gentle Basic Yoga • 10:00-11:30 am**, Willow
- EVENING **Yoga Flow & Deep Stretch • 5:30-7:00 pm**, Gaea

### FRIDAY

- AFTERNOON **Kids Ballet • 4:30-5:15 pm**, Miss Tuesday  
(suggested ages 9 and under)

### SATURDAY

- MORNING **Zumba • 8:30-9:30 am**, Valerie

## SPECIAL CLASSES (meet only on the date below)

### ■ MONDAY • MARCH 9

#### **Community Yoga Class**

5:30-6:30 pm, Gentle practice  
FREE

### ■ SATURDAY • MARCH 14

#### **Service Veterans Yoga**

10:00-11:15 am, with Carrie  
FREE

### ■ SUNDAY • MARCH 15

#### **Tai Chi for Health**

1:00-3:00 pm, Workshop with Richard  
\$30

### ■ SATURDAY • MARCH 28

#### **Community Zumba**

5:00-6:00 pm with Valerie  
FREE

## ATTENTION STUDENTS

**Ages 13-17**

**ALL CLASSES  
FREE**

*with parent or  
guardian permission*

Ask your yoga  
teacher about  
other available  
discounts  
and possible  
work trade  
opportunities.

*We do appreciate help with  
tasks that keep the yoga space clean.*

**LaSala**

2331 HWY 522, QUESTA NM