


WHITEVIEWYOGA		Kripalu Yoga with Lisa				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Spring Live-Stream Yoga				CHAIR & MAT 9-10 am
		CHAIR & MAT 3:00 - 4:15pm			CHAIR & MAT 2:45 - 4:00 pm	
		BEGINNER YOGA 6:00 - 7:15 pm		ALL-LEVEL YOGA 6:00 - 7:15 pm		
Tuesday Live Stream Classes			Thursday and Saturday live stream through Open Spirit Center			
Contact Lisa to Join			Some experience and fitness required for All-Level Yoga.			
whiteviewyoga@gmail.com			Drop ins welcome.			
Tues/Frid Chair & Mat Yoga with Lisa at Natick Senior Community Center. Drop-ins welcome.						
		NSCS please bring a mat.				