

# Welcome to the Anahata Yoga Schedule



Book Now: [anahatayogabarrie.as.me/](http://anahatayogabarrie.as.me/)

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Updated June 25</p> <p>Page 1: <b>In Studio</b> class schedule</p> <p>Page 2: <b>Online</b> class schedule</p> <p>Page 3: <b>Outdoor</b> class schedule</p>						

*Put a little love in your heart*

call 647 824 8325 | 1 Hollyholme Farm Road, Barrie  
AnahataYogaFromTheHeart.com | [connect@sarahmelody.com](mailto:connect@sarahmelody.com)

# STUDIO class schedule June 25-July 29

Saturday classes: June 25, July 2, 16

Private Individual and Group Classes available. Call or email to inquire

IN STUDIO CLASSES  
JULY 2022



Book Now: [anahatayogabarrie.as.me/](http://anahatayogabarrie.as.me/)

	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am (45 min)							
8:00 am (45 min)							8:30 AM <b>Core &amp; More</b> abs/back/legs
9:30 am (60 min)						<b>Soul Flow</b> vinyasa	<b>Sunrise Flow</b> slow flow
10:30 am (60 min)	11:00 AM <b>Hips/Shoulders</b> slow flow		<b>SELF Love 55+</b> Hatha				
4:45 pm (45 min)							
7:00 pm (60 min)	<b>Calm</b> hatha/vinyasa	<b>MindFULL</b> hatha		7:30 PM <b>Hips/Shoulders</b> slow flow	<b>Soul Flow</b> vinyasa		
8:00 pm (60 min)					<b>Just Yin</b> gentle/yin		Select Saturdays see header

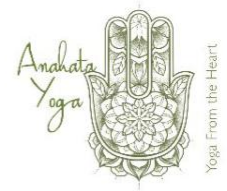
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# ONLINE Class schedule June 25-June 30

Saturday classes: June 25, July 2, 16



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	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am (45 min)							Select Saturdays see header for dates
8:00 am (45 min)							
9:30 am (60 min)						Soul Flow vinyasa	Sunrise Flow slow flow
10:30 am (60 min)	11:00 AM Hips/Shoulders slow flow		SELF Love 55+ Hatha				
4:45 pm (45 min)							
7:00 pm (60 min)	Calm hatha/vinyasa	MindFULL hatha		7:30 PM Hips/Shoulders slow flow	Soul Flow vinyasa		
8:00 pm (60 min)					Just Yin gentle/yin		

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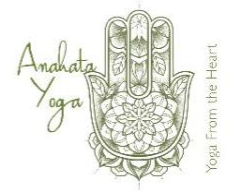
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# OUTDOOR Class Schedule: June 6- July 29

Saturday classes: June 25, July 2, 16

On the grass at the corner of Hollyholme Farm Road & King St



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	SUN	MON	TUE	WED	THU	FRI	SAT
8:30 am (45 min)							<b>Core &amp; More Power Yoga abs/back/legs</b>
							Select Saturdays see header
4:45 pm (45 min)			<b>Core &amp; More Power Yoga abs/back/legs</b>				
5:45 pm (60 min)		<b>Yoga Vinyasa/ Slow Flow</b>					
				Private Individual and Group Classes available. Call or email us to inquiry.			

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