

INYE at a glance

New Summer Schedule started on June 19th | Virtual option available for all classes

MON	TUES	WED	THUR	FRI	SAT	SUN
7:00AM WARM DEEP STRETCH Beginner Friendly	6:30AM WARM DEEP STRETCH Beginner Friendly	7:00AM HOT HATHA I Beginner Friendly	6:30AM WARM DEEP STRETCH Beginner Friendly	7:00AM WARM RISE & SHINE Starts July 14	8:15AM WARM AYURYOGA (75min) Absolute Beginner	8:15AM TEACHER ONLY PRACTICE (75min)
9:30AM HOT HATHA	9:30AM HOT HATHA	9:30AM WARM DEEP STRETCH Beginner Friendly	9:30AM HOT HATHA	10:00AM HOT HATHA		8:30AM HOT HATHA I-II Advanced
					10:00AM HOT HATHA I-II (75min) Advanced	10:00AM HOT HATHA
12:00PM WARM SLOW RELEASE FLOW	12:00PM HATHA	12:00PM HATHA	12:00PM YOGA STRONG	12:00PM WARM DEEP STRETCH Beginner Friendly	12:00PM HOT VINYASA	12:00PM HOT VINYASA CORE
1:30PM GENTLE Beginner Friendly	1:30PM WARM SLOW RELEASE FLOW Yoga Outreach - Absolute Beginner	1:30PM WARM AYURYOGA Absolute Beginner	1:30PM YIN YANG YOGA Beginner Friendly	1:30PM FUNCTIONAL MOBILITY Yoga Outreach - Absolute Beginner		
5:30PM HOT HATHA	5:30PM HOT VINYASA	5:30PM HOT HATHA	5:30PM HOT HATHA	5:15PM HOT HATHA	4:30PM WARM DEEP STRETCH Beginner Friendly	
				5:30PM (75min) REIKI RESTORATIVE Beginner Friendly		5:30PM HOT VINYASA
7:00PM HOT HATHA I-II Advanced	7:00PM GENTLE Beginner Friendly	7:00PM HOT HATHA I-II Advanced	7:00PM HOT HATHA I-II Advanced	7:00PM HOT HATHA I-II Advanced		7:00PM HOT HATHA
7:30PM HATHA I w/ CANDLELIGHT Yoga Outreach - Absolute Beginner	7:30PM RESTORATIVE Yoga Outreach - Absolute Beginner	7:30PM FUNCTIONAL MOBILITY Yoga Outreach - Beginner Friendly	7:30PM YOGA 101 Yoga Outreach - Absolute Beginner			
8:30PM HOT SLOW RELEASE FLOW Beginner Friendly	8:30PM WARM YIN MEDITATION	8:30PM HYPNOYOGA (CHIT SHAKTI) Beginner Friendly	8:30PM HOT SLOW RELEASE FLOW Beginner Friendly			

*A Yoga mat is required for all practices. Two yoga blocks & a strap are highly recommended.

** Yin Meditation, HypnoYoga & Restorative practices are most beneficial with a bolster, a blanket, and two yoga blocks.

*** Yoga Strong practices often use two free weights & two yoga blocks.