

MARCH

PALM VALLEY ASHTANGA YOGA

Sunday, March 15

9:30-11:30 AM Ashtanga Yoga Mysore - All Levels

Thursday, March 19

5:30 PM - 6:30 PM Led Ashtanga Yoga Half Primary Series - Level 1/2

Sunday, March 22

8:00-9:30 AM Ashtanga Yoga Mysore - All Levels

Thursday, March 26

5:30 PM - 6:30 PM Led Ashtanga Yoga Half Primary Series - Level 1/2

Friday, March 27

4:00-5:00 PM Ashtanga Remix - All Levels

Sunday, March 29

8:00-9:30 AM Ashtanga Yoga Mysore - All Levels

