

# PALM VALLEY ASHTANGA YOGA



## MARCH

### **Sunday, March 1**

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

### **Thursday, March 5 (ON ZOOM)**

5:00 PM - 6:00 PM Led Ashtanga Yoga Half Primary Series - Level 1/2

### **Sunday, March 8**

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

### **Tuesday, March 10**

5:00-6:00 PM Intro to Ashtanga Yoga/Mysore - All Levels

### **Thursday, March 12**

5:00 PM - 6:00 PM Led Ashtanga Yoga Half Primary Series - Level 1/2

### **Sunday, March 15**

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

### **Tuesday, March 17**

5:00-6:00 PM Intro to Ashtanga Yoga/Mysore - All Levels

### **Thursday, March 19**

5:00 PM - 6:00 PM Led Ashtanga Yoga Half Primary Series - Level 1/2

### **Sunday, March 22**

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

### **Tuesday, March 24**

5:00-6:00 PM Intro to Ashtanga Yoga/Mysore - All Levels

### **Thursday, March 26**

5:00 PM - 6:00 PM Led Ashtanga Yoga Half Primary Series - Level 1/2