



Shanti Kitti Yoga



Class Schedule

- **MONDAY**

Mindful Cats (Chair Yoga) 12:00 PM Online

Improve flexibility, range of motion, strength, and peace of mind. Great for anyone with a limited range of motion due to age, injury or anyone who would like to enjoy supported practice plus breath awareness.

Cat Medley Mixed Level Yoga 6:00 PM Online

Purrfect class to explore all the fundamental poses including standing, seated, twists, backbends, inversions, and a slower sun salutation flow.

- **TUESDAY**

Kitti Zen: Yoga Fundamentals 10:00 AM In-person

The foundational poses of yoga, designed for beginners or those who have been away from the practice for a while.

All Cats 10:30 AM Online

Purrfect class to explore all the fundamental poses including standing, seated, twists, backbends, inversions and a slower sun salutation flow.

Mellow Cats 4:00 PM Online

Explore proper alignment and breath awareness in all the classical yoga poses, working at a slower pace to awaken the mind-body-breath connection.

- **THURSDAY**

Mellow Cats 2:15 PM Online

- **FRIDAY**

Cat Medley Mixed Level Yoga 10:30 AM In-person

Purrfect class to explore all the fundamental poses including standing, seated, twists, backbends, inversions, and a slower sun salutation flow.

- **SATURDAY**

Outdoor Yoga 9:30 AM In-person

Purrfect class to explore all the fundamental poses including standing, seated, twists, backbends, inversions, and a slower sun salutation flow. **At Buddy Todd Park.**

All Cats 10:00 AM Online

Purrfect class to explore all the fundamental poses including standing, seated, twists, backbends, inversions, and a slower sun salutation flow.