



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**
 - 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.