

<i>TIME</i>	<i>LOCATION</i>	<i>DESCRIPTION</i>
5:30am- 7:00am	Bikram Yoga Grapevine 6240 North Main Street Grapevine 76051 817.416.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.bikramyogagrapevine.com
6:00am- 7:00am	Alpha-Omega @ White Rock Lake behind Bath House Dallas 75218 214.226.5247	VINYASA FLOW CLASS: This Level II class focuses on the breath and mind taken from Bihar, India. The class will be adjusted according to the level of students that come for class. <i>All Levels Welcome. Instructor:</i> Sheri Cherokee <i>Website:</i> www.alpha-omegavoga.com
6:00am- 7:15am	Dragon Fire Yoga 9028 Garland Road Dallas 75218 214.850.0746	HATHA YOGA FLOW: Awaken into your body with a hatha flow class designed to move you from external to internal awareness. Instructors will guide you safely through a full body alignment practice. Moving from meditation into sun salutation, standing sequences & back into stillness for a blissful day. <i>All Levels Welcome. Instructor:</i> Lisa <i>Website:</i> www.dragonfireyoga.com
6:00am- 7:00am	Gaia Flow Studio 15520 Spectrum Drive Addison 75001 972.413.9092	GAIA FLOW YOGA: Gaia Flow Yoga "Ocean" practice is a high intensity interval training practice that cycles between waves of intense vinyasa flow, strong holding postures, and opening poses to strengthen cardiovascular systems, stimulate the metabolism, detox the body. <i>All Levels Welcome. Instructor:</i> Andres Illera <i>Website:</i> www.gaiaflowyoga.com
6:00am- 7:00am	GoodBody's Yoga 5301 West Lovers Lane Suite#114 Dallas 75209 214.351.9931	VINYASA MORNING FLOW: Relaxing warm-up vinyasa flow class to start your day. Open for all levels with use of modifications to access to more challenging postures. <i>All Levels Welcome. Instructor:</i> Mike Mauren <i>Website:</i> www.goodbodysyoga.com
6:00am- 7:00am	Kessler Park United Methodist Church 1215 Turner Dallas 75208 214.334.8602	MORNING OPENING FLOW YOGA CLASS: Sun Salutation class with variations and modifications to open up your morning and start your morning refreshed and energized for your day. <i>All Levels Welcome. Instructor:</i> Jeff Chandler <i>Website:</i> www.salambavoga.net
7:15am-8:15am	Ricky Tran @ GoodBody's Yoga 5301 West Lovers Lane Suite#114 Dallas 75209 214.351.9931	RICKY TRAN VINYASA FLOW CLASS: Ricky's Vinyasa classes are designed to increase prana or life-force in the body through movement and breath. Be prepared to sweat. <i>All Levels Welcome. Instructor:</i> Ricky Tran <i>Website:</i> www.goodbodysyoga.com or www.rickytranvoga.com

7:30am- 9:00am	Bikram Yoga Dallas 6333 E. Mockingbird Lane Dallas 75214 214.824.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.yogadallas.com
7:30am- 8:30am	Kessler Park United Methodist Church 1215 Turner Dallas 75208 214.334.8602	WALKING MEDITATION: Guided silent meditation on the church labyrinth, the Chartes Cathedral Design. History of the labyrinth and how to use it for a silent meditation will be provided for guidance. <i>All Levels Welcome. Instructor:</i> Jeff Chandler <i>Website:</i> www.salambayoga.net
8:00am- 9:30am	Bikram Yoga Richardson 1330 W. Campbell Rd. #106 Richardson 75080 972.234.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.bikramyogarichardson.com
8:00am- 9:00am	BKS Iyengar Yoga Studio of Dallas 5539 Dyer Street Dallas 75206 214.365.9642	INTRO IYENGAR YOGA: The Iyengar method emphasizes alignment in the poses and will sometimes use props to help increase the range of motion. This class will be challenging and will introduce students to the Iyengar method. <i>Beginners/Mixed Levels Welcome. Instructor:</i> Sally Jekel <i>Website:</i> www.dallasivyengarvoga.com
8:00am- 9:15am	Dragon Fire Yoga 9028 Garland Road Dallas 75218 214.850.0746	GENTLE YOGA FLOW: Gentler, slower paced practice is designed to be accessible to people of all sizes, ages & fitness levels. Focus on warming up the body & moving into postures more slowly. Perfect for those with limitations & disabilities or wanting a gentler practice. Nice intro to yoga. <i>All Levels Welcome. Instructor:</i> Dragon Fire Instructor <i>Website:</i> www.dragonfirevoga.com
8:00am- 9:00am	Gold's Gym at White Rock Lake 718 N. Buckner Blvd. Dallas 75228 214-320-0000	FITNESS YOGA: Targeted for the mainstream fitness participant. This class integrates body and mind through yoga poses for total performance with focus on strength, conditioning and flexibility. <i>Taught at Intermediate Level. Instructor:</i> Kathleen Antowski <i>Website:</i> www.goldsgym.com
8:00am- 8:45am & 8:00am - 11:30am	Oak Cliff Yoga @ Unitarian Universalist Church of Oak Cliff 3839 W. Kiest Dallas 75233 214.333.1476	GUIDED & WALKING MEDITATION: Guided Meditation in Meditation Room from 8am until 8:45am and Walking Meditation in church Labyrinth open from 8am until 11:30am for a walking meditation. Information about the Labyrinth and Mantras will be provided for guidance. <i>All Levels Welcome. Instructor:</i> Vivian Walz <i>Website:</i> www.oakcliffuu.com

8:00am- 9:00am	Park Cities Yoga 5934 Royal Ln. #252 Dallas 75230 214.350.2269	YOUNG @ HEART for SENIORS: Tired of practicing yoga with all those 30-something kids? We have a specially designed session that takes into account all levels of experience and flexibility, with a focus on conditions common to older adults such as arthritis, high blood pressure and other health and lifestyle issues. <i>All Levels Welcome. Instructor:</i> Chip Ritchie <i>Website :</i> www.parkcitiesyoga.com
8:00am- 9:00am	Surya Center for Yoga 848 Denton Tap Rd. #250 Coppell 75019 972-304-8484	DIVINE YOGA: A class taught with the influence of the Anusara Principles, guaranteed to open your heart. <i>All Levels Welcome. Instructor:</i> Jackie Romero <i>Website:</i> www.suryacenter yoga.com
8:30am-9:30am	American Power Yoga 5400 E. Mockingbird Lane Suite#221 Dallas 75206 469.232.9642	OPEN LEVEL CLASS: In APY, we systematically work the entire body. In one hour you will burn calories, build flexibility, gain strength, release tension, and cultivate focus. <i>All Levels Welcome. Instructor:</i> APY Instructor <i>Website:</i> www.americanpoweryoga.com
8:30am- 10:00am	Bikram Yoga Grapevine 6240 North Main Street Grapevine 76051 817.416.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.bikramyogagrapevine.com
8:30am-9:30am	Cassandra Delarios @ GoodBody's Yoga Studio 5301 W. Lovers Lane Dallas 75209 214.351.9931	TIBETAN HEART YOGA: A joyful combination of vinyasa and hatha- style asana, mantra, pranayama, mudra and guided Buddhist meditation. <i>All Levels Welcome. Instructor:</i> Cassandra Delarios <i>Websites:</i> www.goodbodysyoga.com or www.cassandravoga.com
8:30am-9:45am	Indigo Yoga 4812 Camp Bowie Boulevard Fort Worth 76107 817.735.9642	BEGINNING BAPTISTE: Baptiste Power Vinyasa Yoga provides students strength, inspiration and life-changing tools for renewal. Join us to begin your own personal revolution! <i>All Levels Welcome. Instructor:</i> Indigo Yoga Instructor <i>Website:</i> www.indigovogafortworth.com
8:30am-9:45am	Indigo Yoga 4812 Camp Bowie Boulevard Fort Worth 76107 817.735.9642	ALL LEVEL BAPTISTE POWER VINAYASA YOGA: Baptiste Power Vinyasa Yoga provides students strength, inspiration and life-changing tools for renewal. Join us to begin your own personal revolution! <i>All Levels Welcome. Instructor:</i> Indigo Yoga Instructor <i>Website:</i> www.indigovogafortworth.com

8:30am-9:30am	Om On The Mat 1115 W. Northwest Hwy. Grapevine 76051 817.300.0528	BASIC YOGA: Exploring 2-3 postures working on proper alignment and breath. <i>All Levels Welcome. Instructor:</i> Lynne Clem or Teresa Lieberman <i>Website:</i> www.omonthemat.com
8:30am- 9:30am	Yogis of South Dallas & Ellis County @ YMCA! 100 YMCA Dr. Waxahachie 75165 972.937.9622	ALL LEVELS CLASS: Practice standing postures, sun salutations and floor work designed to work the entire body. Burn calories, gain strength, improve flexibility all while improving focus and discipline of the mind and body. <i>All Levels Welcome. Instructor:</i> Christine Engebretsen, 500 hour RYT <i>Website:</i> www.waxahachieymca.org or www.yogastudio2go.com or www.elliscountyvoga.webs.com
9:00am-10:15am	Allen Yoga Center 909 Garden Park Drive Allen 75013 214.207.2799	VINYASA FLOW: Great class for all, classic hatha flow with a little umph! Beginners learn basic poses + a great set of stretches, seasoned practitioners will be able to work on longer holds focusing on breathing to keep their focus. If it's not too hot classes will be held outdoors in our shaded green area. <i>All Levels Welcome. Instructors:</i> Brook & Kelli <i>Website:</i> www.allenyogacenter.com
9:00am-10:00am	American Power Yoga 2845 Ridge Rd. #209 Rockwall 75032 214.771.4400	OPEN LEVEL CLASS: In APY, we systematically work the entire body. In one hour you will burn calories, build flexibility, gain strength, release tension, and cultivate focus. <i>All Levels Welcome. Instructor:</i> Patti Dibernardo <i>Website:</i> www.americanpoweryoga.com
9:00am-10:30am	Arlington Yoga Center 1011 W. Abram Arlington 76013 817.917.2543	HATHA YOGA: This class teaches the basic understanding of poses, breath, and the philosophy of yoga. <i>All Levels Welcome. Instructor:</i> Arpita Shah & Mitch Pettitt <i>Website:</i> www.arlingtonyogacenter.com
9:00am-10:00am	BKS Iyengar Yoga Studio of Dallas 5539 Dyer Street Dallas 75206 214.365.9642	INTRO IYENGAR YOGA: The Iyengar method emphasizes alignment in the poses and will sometimes use props to help increase the range of motion. This class will be challenging and will introduce students to the Iyengar method. <i>Beginners/Mixed Levels Welcome. Instructor:</i> Greg White <i>Website:</i> www.dallasivyengarvoga.com
9:00am-10:30am	BKS Iyengar Yoga Studio of Dallas 5539 Dyer Street Dallas 75206 214.365.9642	IYENGAR YOGA ALL LEVELS: The Iyengar method emphasizes alignment in the poses and will sometimes use props to help increase the range of motion. This class will be challenging and will introduce students to the Iyengar method. <i>Beginners/Mixed Levels Welcome. Instructor:</i> Randy Just <i>Website:</i> www.dallasivyengarvoga.com

9:00am-10:00am	Dirt Cheap Yoga @ Reverchon Park OUTDOOR Area 3503 Maple Ave. Dallas 75219 214.738.7739	DIRT CHEAP YOGA CLASS: A class of moving, flowing postures with real and applicable descriptions, guidance, and a little humor for flavor. Be prepared for the sounds of nature and maybe a few bugs, take a breath of the outdoor oxygen! <i>All Levels Welcome. Instructor:</i> Dirt Cheap Yoga Instructor <i>Website :</i> www.dirtcheapvoga.com
9:00am-10:00am	Gold's Gym at White Rock Lake 718 N. Buckner Blvd. Dallas 75228 214-320-0000	POWER YOGA: With an emphasis on correct biomechanical alignment, Power Yoga develops strength, flexibility, range of motion, concentration and reduces stress, tension and tightness. Breathing practices are incorporated into the class. <i>All Levels Welcome. Instructor:</i> Jonathan McCurry <i>Website:</i> www.goldsgym.com
9:00am-10:00am	Gold's Gym in Garland 1332 Belt Line Road Garland 75040 972-675-6102	YOGA FLOW CLASS: This all-level class consists of yoga postures practiced in several traditions. The practice of Hatha Yoga encourages increased flexibility and strength with mental and physical balance. <i>All Levels Welcome Instructor:</i> Gold's Gym Instructor <i>Website:</i> www.goldsgym.com/garlandtx/
9:00am-10:00am	Green Yoga 3115 West Parker Rd. #100 Plano 75023 972.964.9400	GREEN YOGA: A nurturing blend of deep breathing, a sequence of traditional and contemporary yoga poses with final guided relaxation. Please bring a mat. <i>All Levels Welcome. Instructor:</i> Ayako Ikeno <i>Website:</i> www.messagegreen.com
9:00am-10:00am	Niyama Yoga 7517 Campbell Suite#406 Dallas 75248 972.931.6700	NIYAMA YOGA CLASS: Begin your day breathing and relaxing your body with simple movements. Learn the integration of the mind and body at Niyama Yoga. <i>All Levels Welcome. Instructor:</i> Mitra Valtabar <i>Website:</i> www.niyamayogadallas.com
9:00am-10:15am	Oak Cliff Yoga @ Unitarian Universalist Church of Oak Cliff 3839 W. Kiest Dallas 75233 214.333.1476	FUNDAMENTALS YOGA CLASS: This class places importance on the practice of standing poses as well as restorative poses with an emphasis given to precision and alignment to build strength, increase flexibility and balance while cultivating a sense of peace and harmony. <i>All Levels Welcome. Instructor:</i> Cheryl Johnson <i>Website:</i> www.oakcliffuu.com or www.ombalance.com
9:00am- 10:00am	Park Cities Yoga 5934 Royal Ln. #252 Dallas 75230 214.350.2269	VINYASA FLOW LEVEL II: This class focuses on the breath and mind in a practice that originates from Bihar, India. The class will be adjusted according to the level of students that come for class. <i>All Levels Welcome. Instructor:</i> Sheri Cherokee <i>Website:</i> www.parkcitiesyoga.com

9:00am-10:15am	Powerhouse Yoga & Pilates Studio 6000 Colleyville Blvd. #140 Colleyville, Tx 76034 817.442.5041	VINYASA FLOW: This class is a smooth combination of breath-synchronized movements improving strength and flexibility and providing great cardiovascular benefits as well. <i>All Levels Welcome. Instructor:</i> Powerhouse Yoga Instructor <i>Website:</i> www.powerhousestudio.net
9:00am-10:00am	Power Play Fitness 6090 Campbell Rd. # 136 Dallas 75248 972.759.4686	POWER FLOW 2: Hot Yoga Temperature at 95 degrees. Focus on proper breath, alignment, and balance though a more difficult sequence of poses and arm balancing poses, sometimes moving quicker and holding poses longer. All levels welcome, modifications will be shown. <i>Intermediate to Advanced Level Class. Instructor:</i> Power Play Instructor <i>Website:</i> www.powerplayfitness.com
9:00am-10:00am	Pranaa Ayurveda Spa & Yoga at Lakeside Market 4017 Preston Rd. #532 Plano 75093 972.608.0402	POWER VINYASA FLOW: Vinyasa is a dynamic, vigorous flowing blend of poses. Postures are linked together synchronizing breath with movement in a continuous flow. Every class will be a different sequencing of poses, each class will be challenging, sweat-inducing and include a little bit of laughter. <i>All Levels Welcome. Instructor:</i> Thom Allen <i>Website:</i> www.Pranaa.com
9:00am-10:30am	Sunstone Yoga- North Dallas 14902 Preston Rd #612, Dallas 75254 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome. Instructor :</i> Sunstone Instructor <i>Website:</i> www.sunstoneyoga.com
9:00am-9:30am	Tsada Studio 1409 South Lamar Loft #745 Dallas 75215 214-616.2540	YOGA WORKSHOP WELCOME: Sign in for an all day all level yoga workshop at Tsada Yoga. Folks are invited to join us from start 9:00am to finish at 4:15pm or come for any parts in between. <i>All Levels Welcome. Instructor:</i> Tsada Instructors <i>Website:</i> www.tsadayoga.com
9:00am-10:00am	TELOS Fitness Center 13701 Dallas Pkwy Dallas 75240 972-386-2534	YOGA CLASS: Explore a wide variety of yoga poses in the general practice. Focus on breath work, proper form and building strength and flexibility. <i>Beginner to Intermediate. Instructor:</i> TELOS Instructor <i>Website:</i> www.telosfitnesscenter.com
9:00am-10:30am	Tree Yoga Lakeside Drive Park@ Lakeside & Beverly Dr. Highland Park, Dallas 75205 469.358.5533	TREE YOGA: Among THE TREES with TreeYoga Founders - Hal & Debra Pruessner. Come connect with nature and explore the many benefits of Tree Yoga. Have fun as you increase balance, strength, and flexibility, as well as experience deep relaxation! Tree Yoga Multi Slings will be provided, along with experienced, professional instruction. <i>All Levels Welcome. Instructors:</i> Hal Pruessner and other TreeYoga Instructors. <i>Website:</i> www.treeyoga.org

9:00am-9:30am	Trinity River Audubon Center 6500 South Loop 12 Dallas 75217 214.398.8722	KID's YOGA: A beginner yoga class for children is a great way to introduce your child to basic yoga postures. Yoga gives kids strength, flexibility and balance of the body, mind and spirit. Parents are welcome to join while we learn sun salutations + have lots of fun! <i>All Levels Welcome. Instructor:</i> Jessi Kennedy <i>Website:</i> www.trinityriveraudubon.org
9:00am-10:00am	Twist Power Yoga 11722 Marsh Lane Dallas 214.353.9939	TWIST ALL LEVEL CLASS: Open to the absolute beginner as well as the seasoned yogi. Modifications are offered in every pose as well as intensifications for those that wish to explore a deeper practice. <i>All Levels Welcome. Instructor:</i> Twist Power Yoga Instructor <i>Website:</i> www.twistpoweryoga.com
9:00am-10:00am	Yoga Hut 611 N. Locust St. Denton 76201 940-783-7757	SUN SALUTATIONS: Sun Salutations and basic yoga poses will be taught in this class. <i>Great for Beginners, All Levels Welcome. Instructor:</i> Lori Blunk <i>Website :</i> www.dentonyogahut.com
9:00am-10:00am	Yoga Sport 4140 Lemmon Ave. Suite#280 Dallas 75219 214.520.9642	BEGINNER POWER FLOW: Power Vinyasa Yoga is a vigorous, flowing sequence of yoga postures linked with the breath and based on the Baptiste Method. <i>All Levels Welcome. Instructor:</i> Janie Montague <i>Website:</i> www.vogasportdallas.com
9:15am-10:30am	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	SHANTI YOGA: This class is unique in that we work from the inside using our intention and awareness. Shanti Yoga combines flow style vinyasa and mild hatha yoga poses to effect a profound change in the energy of the practitioner. <i>All Levels Welcome. Instructor:</i> Lisa Nersesova <i>Website:</i> www.dallasyogacenter.com
9:15am-10:15am	Park Cities Yoga 5934 Royal Ln. #252 Dallas 75230 214.350.2269	PRENATAL YOGA CLASS: Sample a PreNatal session with Jaime Walkowiak who is herself due in October! <i>All Levels Welcome. Instructor:</i> Jaime Walkowiak <i>Website:</i> www.parkcitiesyoga.com
9:15am-10:00am	Surya Center for Yoga 848 Denton Tap Rd. #250 Coppell 75019 972-304-8484	VINYASA FLOW: A class that incorporates Hatha flow to fun music that will lift your spirits as you challenge your practice. <i>All Levels Welcome. Instructor:</i> Gloria Pemberton <i>Website:</i> www.suryacenteryoga.com
9:15am-10:15am	Yoga Island 3301 Long Prairie Road #135 Flower Mound 75022 972.724.9642	RICKY TRAN VINYASA FLOW: Ricky's vinyasa classes are designed to increase prana or life-force in the body through movement and breath. Be prepared to sweat. <i>All Levels Welcome. Instructor:</i> Ricky Tran <i>Website:</i> www.yogaisland.com & www.rickytranvoga.com

9:30am-11:00am	Bikram Yoga Dallas 6333 E. Mockingbird Lane Dallas 75214 214.824.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.yogadallas.com
9:30am-10:30am	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	WALKING MEDITATION: In this class you will explore the basics of meditation and learn a number of techniques for cultivating a focused mind and peaceful heart. <i>All Levels Welcome. Instructor:</i> Chris Green <i>Website:</i> www.dallasvogacenter.com
9:30am-11:00am	Dynamic Power Yoga PLUS! by Suze Curtis 4951 Airport Pkwy. Suite#590 Addison 75001 972.934.3905	ALL LEVEL CLASS: Practiced in heat - DPYP! creates strength, flexibility, awareness ~~ balancing the powerful elements of the practice with the ancient healing science of vibration. All Levels Welcome ~ Beginners to seasoned practitioners! <i>Instructor :</i> Suze Curtis <i>Website:</i> www.dynamicpoweryogaplus.com
9:30am-10:45am	Energy Fitness 1201 Forest Park Blvd. Fort Worth 76102 817.917.0417	INTRO to YOGA: Anusara-inspired Yoga, combining a celebration of the heart with an elegant system of alignment principles, creating both steadfastness and freedom for anyone, in any body. <i>Beginners Level. Instructor:</i> Lou Chapman <i>Website:</i> www.energyfitnessfw.com or www.louchapmanyoga.com
9:30am-10:45am	Go Yoga 1908 Abrams Parkway Dallas 75214 214.515.9642	VINYASA YOGA: Join us in the practice of Vinyasa yoga. Experience this special practice with our exceptional teachers and like-minded students in a relaxed atmosphere. All are welcome and encouraged to experience an invigorating class experience. <i>All Levels Welcome. Instructor:</i> Go Yoga Instructor <i>Website:</i> www.goyogadallas.com
9:30am-11:00am	Sunstone Yoga-Uptown Village 2907 Routh St. Dallas 75201 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> <i>Instructor :</i> Sunstone Instructor <i>Website:</i> www.sunstoneyoga.com
9:30am-11:00am	Sunstone Yoga-Centre at Preston Ridge 8250 Gaylord Parkway Ste 9 Frisco 75034 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> <i>Instructor :</i> Sunstone Instructor <i>Website:</i> www.sunstoneyoga.com

9:30am-11:00am	Sunstone Yoga-Preston Towne Crossing 4909 W. Park Blvd. #183 Plano 75093 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
9:30am-11:00am	Sunstone Yoga-Preston Forest Village 11661 Preston Rd. #206 Dallas 75230 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
9:30am-11:00am	Sunstone Yoga-Pines of Flower Mound 1121 Flower Mound Rd. Ste 520 Flower Mound 75028 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
9:30am-11:00am	Sunstone Yoga-Eldorado Crossings 3180 W Eldorado Parkway Ste 100 McKinney 75070 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
9:30am-11:00am	Sunstone Yoga-Southlake Village 2140 E Southlake Blvd. Suite H Southlake 76092 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
9:30am-11:00am	Sunstone Yoga-Rockwall Village 449 E I-30 & Ridge Rd Rockwall 75087 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
9:30am-11:00am	Sunstone Yoga-Huffines Park Plaza 189 N Plano Rd Richardson 75081 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com

9:30am-11:00am	Sunstone Yoga-Las Colinas Village 975 W John Carpenter #109A Las Colinas 75039 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
9:30am- 10:45am	Tsada Studio 1409 South Lamar Loft #745 Dallas 75215 214-616.2540	TSADA FLOW: All Level Yoga Flow Class. This class is a Hatha / Vinyasa mix team taught by Chinook Wusdhu, Barb Totzke, Zed Zarembo, Celine Verdier & Douchka Lecot. <i>All Levels Welcome.</i> Instructor: Tsada Instructors Website: www.tsadavoga.com
9:30am-10:00am	Trinity River Audubon Center 6500 South Loop 12 Dallas 75217 214.398.8722	KID's YOGA: A beginner yoga class for children is a great way to introduce your child to basic yoga postures. Yoga gives kids strength, flexibility and balance of the body, mind and spirit. Parents are welcome to join while we learn sun salutations + have lots of fun! <i>All Levels Welcome.</i> Instructor: Jessi Kennedy Website: www.trinityriveraudubon.org
9:30am-10:30am	Yoga Balance 213 N. Kentucky, McKinney 75071 972.832.5864	LEVEL 1 ANUSARA INSPIRED: This class is taught based on the principles and methods of Anusara Yoga®. A wonderful asana practice that builds on internal and external strength through concentration and individual intentions within your practice. <i>All Levels Welcome.</i> Instructor: Honey Freis Website: www.yogabalancelstudio.com
9:45am-10:30am	American Power Yoga 5400 E. Mockingbird Lane Suite#221 Dallas 75206 469.232.9642	KID's YOGA for Ages 6 to 9yrs: APY Kids mission is to share the powerful tools of yoga with kids through playful creative movement and postures, games and breath. <i>Kid's and Parents Welcome!</i> Instructor: Jen Lawson Website: www.americanpoweryoga.com
9:45am-10:45am	GoodBody's Yoga Studio 5301 W. Lovers Lane Dallas 75209 214.351.9931	PARTNER YOGA: Designed to safely deepen your practice and open your body through creative partner asanas. Effective way to explore deeper forward folds, twists, backbends and balancing postures in a playful environment. <i>All Levels Welcome.</i> Instructors: Petri & Susie Website: www.goodbodysyoga.com
9:45am-10:45am	Om On The Mat 1115 W. Northwest Hwy. Grapevine 76051 817.300.0528	YIN YOGA: Passive, slow moving with limited contraction of the muscles. Postures held 3 to 5 minutes. <i>All Levels Welcome.</i> Instructor: Lynne Clem or Teresa Lieberman Website: www.omonthemat.com

9:45am-10:45am	Sunstone Yoga-Centre at Preston Ridge 8250 Gaylord Parkway Ste 9 Frisco 75034 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 50% humidity 90.0 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
10:00am-11:15am	A Breath of Yoga 1101 S. Broadway Suite#120 Carrollton 75006 214.770.4095	GENTLY YOGA: A very soft form of yoga to relax your body and mind. An excellent class for those with physical limitations or if you just prefer a much slower pace. <i>All Levels Welcome.</i> Instructor: Jessica Holloway Website: www.abreathofyoga.net
10:00am-11:30am	Alive & Healthy Institute 14114 Dallas Parkway #260 Dallas 75254 972.774.0221 & 214.725.1644	MEDITATION-The Journey Home: Learn the basic principles of mantra meditation for rejuvenation & stress management. A free book for the first 20 attendees to help you continue your practice at home. <i>All Levels Welcome.</i> Instructor: Pandit Blair Lewis Website: www.aliveandhealthy.com
10:00am-11:00am	American Power Yoga 670 Coit Rd. Suite#2380 Richardson 74080 972.497.9642	OPEN LEVEL CLASS: In APY, we systematically work the entire body. In one hour you will burn calories, build flexibility, gain strength, release tension, and cultivate focus. <i>All Levels Welcome.</i> Instructor: APY Instructor Website: www.americanpoweryoga.com
10:00am-11:30am	Bikram Yoga Fort Worth 921 Foch St. Fort Worth 76107 817.335.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level.</i> Instructor: Bikram Instructor Website: www.bikramyogafortworth.com
10:00am-11:30am	Bikram Yoga Richardson 1330 W. Campbell Rd. #106 Richardson 75080 972.234.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level.</i> Instructor: Bikram Instructor Website: www.bikramyogarichardson.com
10:00am-11:30am	BKS Iyengar Yoga Studio of Dallas 5539 Dyer Street Dallas 75206 214.365.9642	IYENGAR YOGA ALL LEVELS: The Iyengar method emphasizes alignment in the poses and will sometimes use props to help increase the range of motion. This class will be challenging and will introduce students to the Iyengar method. <i>Beginners/Mixed Levels Welcome.</i> Instructor: Sally Jekel Website: www.dallasiyengarvoga.com

10:00am-11:30am	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	TIBETAN HEART YOGA: A joyful combination of vinyasa and hatha- style asana, mantra, pranayama, mudra and guided Buddhist meditation. <i>All Levels Welcome.</i> Instructor: Cassandra Delarios Websites: www.dallasযোগাcenter.com or www.cassandravoga.com
10:00am-11:15am	Dragon Fire Yoga 9028 Garland Road Dallas 75218 214.850.0746	HATHA YOGA FLOW: Awaken into your body with a hatha flow class designed to move you from external to internal awareness. Instructors will guide you safely through a full body alignment practice. Moving from meditation into sun salutation, standing sequences & back into stillness for a blissful day. <i>All Levels Welcome.</i> Instructor: Dragon Fire Instructor Website: www.dragonfireyoga.com
10:00am-11:00am	Gold's Gym at White Rock Lake 718 N. Buckner Blvd. Dallas 75228 214-320-0000	BODY JUGGLING: This is a revolutionary, rhythmic-based fitness technique which combines the disciplines of yoga, Tai Chi and acrobatics. The practice uses expressive movement on stability balls to build core strength, balance, agility, endurance and stillness of mind. <i>All Levels Welcome.</i> Instructor: SaTek Ananda Website: www.goldsgym.com
10:00am-11:00am	Paws for Reflection Ranch 5431 Montgomery Rd. Midlothian 76065 972.467.9434	HATHA YOGA FLOW: An open class taught from an eclectic blend of yoga styles. Join us for a total mind-body workout including cardiovascular conditioning, strength building, balance, flexibility, and relaxation utilizing aromatherapy. <i>All Levels Welcome.</i> Instructor: Dawn Harris Website: www.pawsforreflection.org or www.yogawithdawn.com or www.elliscountyyoga.webs.com
10:00am-11:00am	Pranaa Ayurveda Spa & Yoga at Lakeside Market 4017 Preston Rd. #532 Plano 75093 972.608.0402	BLISS YOGA: Like a bubble bath for the spirit. Explore and nurture your true self in this special class that incorporates restorative poses for deep peace and renewal of the body and mind. <i>All Levels Welcome.</i> Instructor: Thom Allen Website: www.Pranaa.com
10:00am-11:00am	Yoga at NorthPark Mall's CenterSpace presented by lululemon athletica 8687 N. Central Expwy #719 Dallas 75225 214.234.0305	OPEN LEVEL YOGA CLASS: Systematically work the entire body in just one hour! You will burn calories, build flexibility, gain strength, release tension, and cultivate focus. Bring your mat and join Kurt Johnsen from American Power Yoga at NorthPark's CenterPark space, the 1.4 acre, beautiful, outdoor garden area! <i>All Levels Welcome.</i> Instructor: Kurt Johnsen Website: www.americanpoweryoga.com or www.lululemon.com/Dallas/NorthPark

10:00am-11:30am	Yoga Unity 104 1/2 N. Tennessee St. McKinney 75069 972.898.1695	KAYA SAMPAT KRIYA (KSK): This class includes postures, movement, breath work, locks, mantra, and meditative contemplation to center the practitioner and align body, energy, and mind. <i>All Levels Welcome, Beginner to Advanced. Instructor:</i> Tashi Nyima <i>Website:</i> www.yogaunitymckinney.com
10:15am-11:15am	A Pea in The Pod 7700 W. Northwest Hwy. by North Park Dallas 75225 214.346.9140	PRENATAL YOGA: Our classes are a wonderful way to connect with baby while easing discomforts associated with pregnancy and prepare your body for labor and delivery. Connection for expecting Mothers. <i>Everyone Welcome. Instructor:</i> A Pea in The Pod Licensed Yoga Instructor <i>Website:</i> www.apeainthepod.com
10:15am- 11:45am	Bikram Yoga Grapevine 6240 North Main Street Grapevine 76051 817.416.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.bikramvogagrapevine.com
10:15am-11:45am	CHI Studio 807 Fletcher Street Dallas 75228 214.557.6408	VINYASA FLOW: This class includes elements of Ashtanga, Kundalini and Hatha styles of yoga. <i>All Levels Welcome. Instructor:</i> Mary <i>Website:</i> www.chidallas.com
10:15am-11:15am	Surya Center for Yoga 848 Denton Tap Rd. #250 Coppell 75019 972-304-8484	RESTORATIVE YOGA: A 60 minute class that incorporates props to enhance relaxation. No prior experience and no standing movement necessary. <i>All Levels Welcome. Instructor:</i> Angie Koggut <i>Website:</i> www.survacenteryoga.com
10:15am-11:30am	Uptown Yoga 2636 Thomas Ave. Dallas 75219 214.965.9642	ALL LEVEL VINYASA FLOW: This class is designed to create strength, flexibility, balance and a calmer state of mind. Suitable for beginners and advanced practitioners. <i>All Levels Welcome. Instructor:</i> Jennifer Chitwood <i>Website:</i> www.uptownyoga.com
10:15am-11:15am	TELOS Fitness Center 13701 Dallas Pkwy Dallas 75240 972-386-2534	YOGA CLASS: Explore a wide variety of yoga poses in the general practice. Focus on breath work, proper form and building strength and flexibility. <i>Beginner to Intermediate. Instructor:</i> TELOS Instructor <i>Website:</i> www.telosfitnesscenter.com
10:15am-11:15am	Yoga Hut 611 N. Locust St. Denton 76201 940-783-7757	HATHA YOGA: Mixed Level Hatha Yoga Class taught in the Iyengar tradition. Suitable for all levels of experience including beginners. <i>All Levels Welcome. Instructor:</i> Cheree Winston <i>Website:</i> www.dentonvogahut.com

10:30am- 11:45am	A Breath of Yoga 1101 S. Broadway Suite#120 Carrollton 75006 214.770.4095	FREE YOUR BODY: Free your body, mind and breath of unwanted negative emotions and stress. Expand your range of motion, balance and concentration. <i>All Levels Welcome. Instructor:</i> Anne Patterson <i>Website:</i> www.abreathofyoga.net
10:30am- 11:30am	Allen Yoga Center 909 Garden Park Drive Allen 75013 214.207.2799	POWER VINYASA: A flowing style of power yoga. This class will be challenging and fun. If it's not too hot classes will be held outdoors in our shaded green area. Experience suggested for this class yet not mandatory. <i>All Levels Welcome. Instructors:</i> Brook & Kelli <i>Website:</i> www.allenvogacenter.com
10:30am-Noon	BKS Iyengar Yoga Studio of Dallas 5539 Dyer Street Dallas 75206 214.365.9642	IYENGAR YOGA LEVEL 1 – 2: Taught in the Iyengar method and will include some work with inversions like Sirsasana or Sarvangasana (head stand and shoulder stand). The Iyengar method emphasizes alignment and will sometimes use props to increase range of motion. <i>Mixed/Intermediate Levels Welcome. Instructor:</i> Randy Just <i>Website:</i> www.dallasiyengaryoga.com
10:30am-Noon	Body, Mind & Spirit 5521 Bellaire Dr. #205 Fort Worth 76109 817.738.7284	INTRO IYENGAR STYLE YOGA: The class will emphasize alignment in the poses and will utilize props to increase range of motion. The Intro class will be challenging and will introduce students to the Iyengar Method. <i>Beginners/Mixed Levels Welcome. Instructor:</i> Leane Keating <i>Website:</i> www.bmscyoga.com
10:30am-11:30am	Crescent Spa @ Rosewood Crescent Hotel 400 Crescent Court Dallas 75201 214.953.4361	YOGA STRENGTH CLASS: Please call 214.953.4361 to register for class as space is limited. Leave your name, phone number and time of class you will be participating in to register. Bring your own mat for class. <i>All Levels Welcome / Must be 17 years or older. Instructor:</i> Jessi Kennedy & Don Kirby <i>Website:</i> www.crescentcourtspa.com/spa
10:30am-Noon	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	ASHTANGA LED PRIMARY SERIES: A form of yoga that involves a vigorous and challenging flow of asanas that quickly tone, strengthen and purify the entire system. Students will be lead through a modified version of the Primary Series. A terrific way to start or refresh an Ashtanga practice. <i>All Levels Welcome. Instructor:</i> Jeff Clardy <i>Website:</i> www.dallasvogacenter.com
10:30am- 11:30am	Exhale Spa 5300 E. Mockingbird Lane at Hotel Palomar Dallas 75206 214.370.5800	OPEN LEVEL CLASS: Experience the fundamentals rooted in tradition. Build strength and flexibility through dynamic postures that will open your heart, engage the teacher within and allow you to discover new possibilities. Enjoy a great mix of music and challenge that will be determined by you! <i>All Levels Welcome. Instructor:</i> Exhale Instructor <i>Website:</i> www.exhalespa.com

10:30am-Noon	Gaia Flow Studio 15520 Spectrum Drive Addison 75001 972.413.9092	CHRYSTAL RAE ALMEIDA GAIA FLOW: This class is a high intensity interval training practice, which cycles between waves of intense vinyasa flow, strong holding postures and opening poses. <i>Intermediate Level. Instructor:</i> Chrystal Rae Almeida <i>Website:</i> www.gaiaflowyoga.com
10:30am- 11:30am	Gold's Gym at Valley Ranch 10010 N. MacArthur Blvd. Irving 75063 972-401-8383	YOGA FLOW with ALIGNMENT PRINCIPLES: Vinyasa flow, lunges, twists, backbends, standing poses and stretching. All with an eye for alignment. <i>All Levels Welcome. Instructor:</i> Jackie Romero <i>Website:</i> www.goldsgym.com
10:30am- 11:30am	Niyama Yoga 7517 Campbell Suite#406 Dallas 75248 972.931.6700	NIYAMA YOGA CLASS: Begin your day breathing and relaxing your body with simple movements. Learn the integration of the mind and body at Niyama Yoga. <i>All Levels Welcome. Instruct or:</i> Mitra Valtabar <i>Website:</i> www.niyamayogadallas.com
10:30am- 11:30am	Oak Cliff Yoga @ Unitarian Universalist Church of Oak Cliff 3839 W. Kiest Dallas 75233 214.333.1476	PRENATAL YOGA CLASS: A mixture of postures and breathing techniques taught to women at all stages or pregnancy to help prepare for childbirth. <i>Open to all levels of yoga experience as well as to women at all stages of pregnancy. Instructor:</i> Cheryl Johnson <i>Website:</i> www.oakcliffuu.com or www.ombalance.com
10:30am- 11:30am	Power Play Fitness 6090 Campbell Rd. # 136 Dallas 75248 972.759.4686	BEGINNER CLASS: Hot Yoga Temperature at 91 degrees. Main focus on proper breathing technique, basic flow poses and alignment. <i>All Levels Welcome. Instructor:</i> Power Play Instructor <i>Website:</i> www.powerplayfitness.com
10:30am-Noon	Yoga Sport 4140 Lemmon Ave. Suite#280 Dallas 75219 214.520.9642	MULTI LEVEL BAPTISTE POWER VINYASA YOGA: Power Vinyasa Yoga is a vigorous, flowing sequence of yoga postures linked with the breath and based on the Baptiste Method. <i>All Levels Welcome. Instructor:</i> Angela Barrese <i>Website :</i> www.vogasportdallas.com
10:45am- 11:45am	American Power Yoga 5400 E. Mockingbird Lane Suite#221 Dallas 75206 469.232.9642	KID's YOGA for Ages 10 to 12yrs: APY Kids/Teens mission is to share the powerful tools of yoga with kids through playful creative movement and postures, games and breath. <i>Kid's and Parents Welcome! Instructor:</i> Jen Lawson <i>Website:</i> www.americanpoweryoga.com
10:45am- 12:15pm	Arlington Yoga Center 1011 W. Abram Arlington 76013 817.917.2543	HATHA YOGA: This class teaches the basic understanding of poses, breath, and the philosophy of yoga. <i>All Levels Welcome. Instructor:</i> Terry Gwynne & Lynn Macaluso <i>Website:</i> www.arlingtonvogacenter.com

10:45am- 11:45am	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	IYENGAR BEGINNERS - LEVEL 1: Designed to provide new students with the building blocks for a healthy yoga practice. You will be taught the fundamental yoga postures, their proper names, correct alignment and breathing techniques. <i>All Levels Welcome. Instructor:</i> Chris Green <i>Website:</i> www.dallasyogacenter.com
10:45am- Noon	Move Studio 17062 Preston Rd. #108, Dallas 75248 972-732-0206	VINIYOGA CLASS: A highly therapeutic yet challenging form of yoga. Quiet your mind as you stretch, strengthen and balance your body with the ancient practice of yoga. <i>All Levels Welcome. Instructor:</i> MiMi Mears <i>Website:</i> www.movestudio.com
11:00am- Noon	Destination Maternity 5539 LBJ Frwy by Galleria Dallas 75240 972.788.4115	ITSY BITSY TOTS: A supportive, fun-loving, and active yoga class. As tot's mobility increases, tot-centric poses encourage physical explorations becoming more confident in their moving bodies. <i>Everyone Welcome, Tots Ages 24 months and up. Instructor:</i> Destination Maternity Instructor <i>Website:</i> www.destinationmaternity.com
11:00am- 12:15pm	Equinox Fitness Club 4023 Oak Lawn Avenue Dallas 75219 214.443.9009	VINYASA FLOW CLASS: Brighten every element of your being through energizing sequences of poses and vinyasas to connect the strength of your core, breath & spirit! <i>All Levels Welcome. Instructor:</i> deAnna Anderson <i>Website:</i> www.equinoxfitness.com
11:00am- Noon	Gold's Gym at White Rock Lake 718 N. Buckner Blvd. Dallas 75228 214-320-0000	YOGA FLOW: This class combines Hatha Yoga practices with modern fitness movements for a vigorous and refreshing workout. This total mind-body workout features cardiovascular conditioning, functional strength, flexibility, muscle balancing and relaxation. <i>All Levels Welcome. Instructor:</i> Kathleen Hale <i>Website:</i> www.goldsgym.com
11:00am- Noon	GoodBody's Yoga Studio 5301 W. Lovers Lane Dallas 75209 214.351.9931	POWER VINYASA FLOW CLASS: Based on the principles of connecting breath to movement. This class combines breath, strength building movements and enriching stretching poses for a complete practice. <i>All Levels Welcome. Instructor:</i> Stephanie <i>Website:</i> www.goodbodvsyoga.com
11:00am- 12:15pm	Om On The Mat 1115 W. Northwest Hwy. Grapevine 76051 817.300.0528	VINYASA YOGA: Kick up the music and have fun with the breath-synchronized flow of postures. <i>All Levels Welcome. Instructor:</i> Lynne Clem or Teresa Lieberman <i>Website:</i> www.omonthemat.com
11:00am- Noon	Tsada Studio 1409 South Lamar Loft #745 Dallas 75215 214-616.2540	MEDITATION 101: Introduction to Meditation. <i>Everyone Welcome. Instructor:</i> Tsada Instructors <i>Website:</i> www.tsadayoga.com

11:00am-11:30am	Trinity River Audubon Center 6500 South Loop 12 Dallas 75217 214.398.8722	MULTI LEVEL POWER FLOW CLASS: This 30 minute Beginner Session will focus on learning the names and techniques of fundamental yoga postures. You will learn the steps for two types of Sun Salutations and we will focus on proper alignment for each pose (asana). <i>All Levels Welcome. Instructor:</i> Debbie Cathey <i>Website:</i> www.trinityriveraudubon.org
11:00am- Noon	Twist Power Yoga 11722 Marsh Lane Dallas 214.353.9939	TWIST ALL LEVEL CLASS: Open to the absolute beginner as well as the seasoned yogi. Modifications are offered in every pose as well as intensifications for those that wish to explore a deeper practice. <i>All Levels Welcome. Instructor:</i> Twist Power Yoga Instructor <i>Website:</i> www.twistpoweryoga.com
11:15am - Noon	American Power Yoga 670 Coit Rd. Suite#2380 Richardson 74080 972.497.9642	KID's YOGA for Ages 6 to 9yrs: APY Kids mission is to share the powerful tools of yoga with kids through playful creative movement and postures, games and breath. <i>Kid's and Parents Welcome! Instructor:</i> Danielle McLean <i>Website:</i> www.americanpoweryoga.com
11:30am-12:30pm	A Pea in The Pod 7700 W. Northwest Hwy. by North Park Dallas 75225 214.346.9140	POSTNATAL YOGA: This class consists of stretching, strengthening, breathing and relaxation techniques specifically designed for the postnatal woman. Connect with other new mothers in a healthy environment while restoring muscle tone. <i>Everyone Welcome. Instructor:</i> A Pea in The Pod Instructor <i>Website:</i> www.apeainthepod.com
11:30am-Noon	Bethany Padnuk @ Newflower Farmers Market 1800 N. Henderson Ave. Dallas 75206 239.691.2384	KID's YOGA: Creative Yogini, Bethany Padnuk, teaches children playful yoga poses inspired by animals and nature, breathing techniques, creative movement and much more! <i>Ages 5-10 + parents of all ages are welcome! Instructor:</i> Bethany Padnuk <i>Website:</i> www.creativeyogini.com or www.sfmarkets.com
11:30am - 1:00pm	Sunstone Yoga-Uptown Village 2907 Routh St. Dallas 75201 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome. Instructor :</i> Sunstone Instructor <i>Website:</i> www.sunstoneyoga.com
11:30am - 12:30pm	Positive Touch 504 Business Pkwy. Richardson 75081 972.480.0678	ECLECTIC STYLE CLASS: d Dynamic Yogadance moves using modifications as needed with music to get you going, Pranayama (breathing) exercises and relaxation / meditation. Bring mat and towel. <i>All Levels Welcome. Instructor:</i> Tz Stein-Barrett, CYI, LCSW <i>Website:</i> www.healingcirclecenter.org or www.positivetouch.org

11:30am - 12:30pm	Sunstone Yoga-Preston Towne Crossing 4909 W. Park Blvd. #183 Plano 75093 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 50% humidity 90.0 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
11:30am - 1:00pm	Sunstone Yoga-Preston Forest Village 11661 Preston Rd. #206 Dallas 75230 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
11:30am - 12:30pm	Sunstone Yoga-Centre at Preston Ridge 8250 Gaylord Parkway Ste 9 Frisco 75034 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
11:30am - 1:00pm	Sunstone Yoga-Las Colinas Village 975 W John Carpenter #109A Las Colinas 75039 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 50% humidity 90.0 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
11:30am - 12:30pm	Sunstone Yoga-Pines of Flower Mound 1121 Flower Mound Rd. Ste 520 Flower Mound 75028 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
11:30am - 1:00pm	Sunstone Yoga-Eldorado Crossings 3180 W Eldorado Parkway Ste 100 McKinney 75070 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com

11:30am - 12:30pm	Sunstone Yoga-Southlake Village 2140 E Southlake Blvd. Suite H Southlake 76092 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome. Instructor :</i> Sunstone Instructor <i>Website:</i> www.sunstonevoga.com
11:30am-12:30pm	Surya Center for Yoga 848 Denton Tap Rd. #250 Coppell 75019 972-304-8484	POWER VINYASA: A class that incorporates Hatha Flow with a strong balance of power core moves and more advanced poses. <i>All Levels Welcome. Instructor: Lisa Merino Website:</i> www.suryacentervoga.com
11:30am-Noon	Trinity River Audubon Center 6500 South Loop 12 Dallas 75217 214.398.8722	MULTI LEVEL POWER FLOW CLASS: This 30 minute Beginner Session will focus on learning the names and techniques of fundamental yoga postures. You will learn the steps for two types of Sun Salutations and we will focus on proper alignment for each pose (asana). <i>All Levels Welcome. Instructor: Debbie Cathey Website:</i> www.trinityriveraudubon.org
11:30am-12:30pm	Uptown Yoga 2636 Thomas Ave. Dallas 75219 214.965.9642	STRICTLY CORE: This class is designed to create stability and strength throughout the entire core using modified yoga and pilates moves and isometric training. <i>All Levels Welcome. Instructor: Jennifer Chitwood Website:</i> www.uptownvoga.com
Noon-1:00pm	American Power Yoga 5400 E. Mockingbird Lane Suite#221 Dallas 75206 469.232.9642	OPEN LEVEL CLASS: In APY, we systematically work the entire body. In one hour you will burn calories, build flexibility, gain strength, release tension, and cultivate focus. <i>All Levels Welcome. Instructor: APY Instructor Website:</i> www.americanpowervoga.com
Noon-1:00pm	American Power Yoga 2845 Ridge Rd. #209 Rockwall 75032 214.771.4400	OPEN LEVEL CLASS: In APY, we systematically work the entire body. In one hour you will burn calories, build flexibility, gain strength, release tension, and cultivate focus. <i>All Levels Welcome. Instructor: Denise Garza Website:</i> www.americanpowervoga.com
Noon-1:30pm	Bikram Yoga Fort Worth 921 Foch St. Fort Worth 76107 817.335.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor: Bikram Instructor Website:</i> www.bikramyogafortworth.com
Noon-1:15pm	Dragon Fire Yoga 9028 Garland Road Dallas 75218 214.850.0746	108 SUN SALUTATIONS: A Sun Salutation class with other poses sprinkled in for variety, over 60 different poses in all. Challenging to say the least! <i>All Levels Welcome. Instructor: Marj Rash Website:</i> www.dragonfirevoga.com

Noon-1:00pm	Gaia Flow Studio 15520 Spectrum Drive Addison 75001 972.413.9092	GAIA FLOW YOGA: Gaia Flow Yoga "Mountain practice" is power-based to strengthen body and mind by instilling a sense of self-discipline, staying power, and one pointed concentration. Poses are held longer with arm balances and inverted poses as well as other strength building postures. <i>All Levels Welcome. Instructor:</i> Katie Jager <i>Website:</i> www.gaiaflowyoga.com
Noon-1:00pm	Oak Cliff Yoga @ Unitarian Universalist Church of Oak Cliff 3839 W. Kiest Dallas 75233 214.333.1476	TIBETAN HEART YOGA: A joyful combination of vinyasa and hatha- style asana, mantra, pranayama, mudra and guided Buddhist meditation. <i>All Levels Welcome. Instructor:</i> Cassandra Delarios <i>Websites:</i> www.oakcliffuu.com or www.cassandravoga.com
Noon-1:00pm	CHI Studio 807 Fletcher Street Dallas 75228 214.557.6408	RESTORATIVE: One hour of calming, supported restorative poses that bring focused awareness to the breath in a more meditative class environment. <i>All Levels Welcome. Instructor:</i> Shannon <i>Website:</i> www.chidallas.com
Noon-1:00pm	Gold's Gym at White Rock Lake 718 N. Buckner Blvd. Dallas 75228 214-320-0000	YOGA / PILATES: Consists of exercises done on a mat in lying, sitting, kneeling or standing positions. Focus is on awareness in the spine, proper breathing, core strength and flexibility. The outcome is a balanced, strong and supple body, with strengthened abs and back. <i>All Levels Welcome. Instructor:</i> Tricia Moon <i>Website:</i> www.goldsgym.com
Noon-1:00pm	Gold's Gym in Garland 1332 Belt Line Road Garland 75040 972-675-6102	YOGA FLOW CLASS: This all-level class consists of yoga postures practiced in several traditions. The practice of Hatha Yoga encourages increased flexibility and strength with mental and physical balance. <i>All Levels Welcome Instructor :</i> Gold's Gym <i>Instructor Website:</i> www.goldsgym.com/garlandtx/
Noon-1:00pm	Green Yoga 3115 West Parker Rd. #100 Plano 75023 972.964.9400	GREEN YOGA: A nurturing blend of deep breathing, a sequence of traditional and contemporary yoga poses with final guided relaxation. Please bring a mat. <i>All Levels Welcome. Instructor:</i> Ayako Ikeno <i>Website:</i> www.massagreen.com
Noon-1:00pm	Park Cities Yoga 5934 Royal Ln. #252 Dallas 75230 214.350.2269	NO SWEAT RESTORATIVE YOGA: Not limited to Judith Lasater's style, this session observes the use of breath, biomechanics and guided attention in slow sequences. Come and go as you are, business attire is acceptable. <i>All Levels Welcome. Instructor:</i> Jeffry Farrell <i>Website:</i> www.parkcitiesyoga.com

Noon-12:30pm	Yogis of South Dallas & Ellis County @ Trinity River Audubon Center 6500 South Loop 12 Dallas 75217 214.398.8722	ENERGIZING FUN, FIT & FLEX YOGA: A class for a great workout in under an hour! Get moving in a fun Vinyasa Flow; relax and relieve stress all in 30 minutes! You are able to set the pace, with personalized adjustments from Lisa. A fun way to add yoga to your day! <i>All Levels Welcome. Instructor:</i> Lisa Ware, Yoga for Love <i>Website:</i> www.trinityriveraudubon.org or www.elliscountyvoga.webs.com or www.voga4love.net
12:15pm-1:30pm	Alive & Healthy Institute 14114 Dallas Parkway #260 Dallas 75254 972.774.0221 & 214.725.1644	SCIENCE of BREATH-Pranayama as Medicine: Learn the power & practices of yogic breathing to prevent and resolve a variety of common health problems, including hypertension and insomnia. A perfect way to refresh and renew over your lunch hour! <i>All Levels Welcome. Instructor:</i> Pandit Blair Lewis <i>Website:</i> www.aliveandhealthy.com
12:15pm-1:15pm	American Power Yoga 670 Coit Rd. Suite#2380 Richardson 74080 972.497.9642	KID's YOGA for Ages 10 to 12yrs: APY Kids/Teens mission is to share the powerful tools of yoga with kids through playful creative movement and postures, games and breath. <i>Kid's and Parents Welcome! Instructor:</i> Danielle McLean <i>Website:</i> www.americanpoweryoga.com
12:15pm-1:45pm	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	YOGA for WOMEN: Honor and celebrate being a woman! Through gentle asana, basic meditation, and ancient yoga wisdom, learn how to bring joy and health to your body, mind and spirit. Strengthen your body and bones, while creating suppleness and agility. <i>All Levels Welcome. Instructor:</i> Jessica O'Keefe <i>Website:</i> www.dallasvoga.com
12:15pm-1:15pm	Exhale Spa 5300 E. Mockingbird Lane at Hotel Palomar Dallas 75206 214.370.5800	OPEN LEVEL CLASS: Experience the fundamentals rooted in tradition. Build strength and flexibility through dynamic postures that will open your heart, engage the teacher within and allow you to discover new possibilities. Enjoy a great mix of music and challenge that will be determined by you! <i>All Levels Welcome. Instructor:</i> Exhale Instructor <i>Website:</i> www.exhalespa.com
12:15pm-1:15pm	GoodBody's Yoga Studio 5301 W. Lovers Lane Dallas 75209 214.351.9931	RESTORATIVE YOGA: Enjoy an hour of bliss as we explore restorative poses suitable for all levels. Restorative poses are effective for anyone recovering from injury or illness, passively opens and extends muscles while cooling and calming the mind. <i>All Levels Welcome. Instructor:</i> Louise Applebome <i>Website:</i> www.delnorteyoga.squarespace.com or www.goodbodysyoga.com

12:15pm-1:15pm	Sunstone Yoga- North Dallas 14902 Preston Rd #612, Dallas 75254 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 50% humidity 90.0 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
12:15pm-1:15pm	Sunstone Yoga-Rockwall Village 449 E I-30 & Ridge Rd Rockwall 75087 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
12:15pm-1:15pm	Sunstone Yoga-Huffines Park Plaza 189 N Plano Rd Richardson 75081 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
12:30pm-2:00pm	Arlington Yoga Center 1011 W. Abram Arlington 76013 817.917.2543	DHARMA MITTRA LEVEL 1: This class teaches the basic understanding of poses, breath, and the philosophy of yoga. After a few weeks of practicing in this class, students will have the knowledge and skills to evolve their yoga practice. <i>Beginners & All Levels Welcome.</i> Instructor: Shelley Cook & Christi Lea Website: www.arlingtonyogacenter.com
12:30pm-2:00pm	Body, Mind & Spirit 5521 Bellaire Dr. #205 Fort Worth 76109 817.917.0417	ANUSARA-INSPIRED YOGA: Combining a celebration of the heart with an elegant system of alignment principles, creating both steadfastness and freedom for anyone, in any body. <i>All Levels Welcome.</i> Instructor: Lou Chapman Website: www.bmscyoga.com or www.louchapmanyoga.com
12:30pm-1:45pm	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	FUNDAMENTALS MIXED LEVEL: Integrate the wisdom of the body through a dynamic blend of structural and alignment based asana instruction in a steady unfolding of postures. A flowing vinyasa sequence to stir and awaken the body and bring attention to the breath. <i>All Levels Welcome.</i> Instructor: Shelagh McElroy Website: www.dallasyogacenter.com
12:30pm-1:30pm	Destination Maternity 5539 LBJ Frwy by Galleria Dallas 75240 972.788.4115	PRENATAL YOGA: Relaxing exercise in gentle yoga poses will increase flexibility, strength, circulation, balance and the mind-body-spirit. Connection for expecting Mothers. <i>Everyone Welcome.</i> Instructor: Destination Maternity Licensed Yoga Instructor Website: www.destinationmaternity.com

12:30pm-1:30pm	Move Studio 17062 Preston Rd. #108, Dallas 75248 972-732-0206	YOGA FLOW CLASS: Experience this dynamic slow flow yoga, a fusion of Sun Salutations and a unique, eclectic series of postures linking breath with movement. This class flows like the waves of the ocean, smooth and gentle, powerful and challenging, fluid and free. <i>All Levels Welcome. Instructor:</i> Valerie Rogers <i>Website:</i> www.movestudio.com
12:30pm-1:00pm	Yogis of South Dallas & Ellis County @ Trinity River Audubon Center 6500 South Loop 12 Dallas 75217 214.398.8722	BEGINNER, PreNatal, SPORTS/ INJURY RECOVERY, SENIORS: A gentle Hatha Style Yoga class focusing on breath awareness & restorative stretching. A gentle workout, guided meditation & deep relaxation. Experience full relaxation & stress relief at the end of class in Savasana with wonderful aromatherapy! <i>All Levels Welcome. Instructor :</i> Lisa Ware, Yoga for Love <i>Website:</i> www.trinityriveraudubon.org or www.elliscountyvoga.webs.com or www.yoga4love.net
1:00pm-2:15pm	A Breath of Yoga 1101 S. Broadway Suite#120 Carrollton 75006 972.406.0140	RESTORATIVE YOGA: This "active relaxation" combines classic poses designed to relax and renew. Poses are held for longer periods and allow the body to simply let go of tension, integrating the breath with body. <i>All Levels Welcome. Instructor:</i> Linda Chandler <i>Website:</i> www.abreathofyoga.net
1:00pm-2:00pm	BKS Iyengar Yoga Studio of Dallas 5539 Dyer Street Dallas 75206 214.365.9642	INTRO IYENGAR YOGA: The Iyengar method emphasizes alignment in the poses and will sometimes use props to help increase the range of motion. The Intro classes will be challenging and introduce students to the Iyengar method. <i>Beginners/Mixed Levels. Instructor:</i> Greg White <i>Website:</i> www.dallasivyengarvoga.com
1:00pm-1:30pm	Dirt Cheap Yoga @ Trinity River Audubon 6500 South Loop 12 Dallas 75217 214.398.8722 or 214.347.4428	DIRT CHEAP YOGA CLASS: A class of moving, flowing postures with real and applicable descriptions, guidance, and a little humor for flavor. Be prepared for the sounds of nature and maybe a few bugs, take a breath of the outdoor oxygen! <i>All Levels Welcome. Instructor:</i> Dirt Cheap Yoga Instructor <i>Website :</i> www.dirtcheapyoga.com or www.trinityriveraudubon.org
1:00pm-2:00pm	Gold's Gym at White Rock Lake 718 N. Buckner Blvd. Dallas 75228 214-320-0000	YOGA CLASS: Yoga postures are practiced in several traditions. The practice of yoga encourages increased flexibility and strength with mental and physical balance. You will come away feeling refreshed and rejuvenated. <i>All Levels Welcome. Instructor:</i> Stephanie Tovar <i>Website:</i> www.goldsgym.com

1:00pm-2:00pm	Luke's Locker 3607 Oak Lawn Dallas 75219 214.528.1290	IYENGAR YOGA for ATHLETES: Learn techniques to maximize your potential for performance, strength, flexibility and injury prevention. Invigorating poses as well as poses to stretch those tight hamstrings will be taught with emphasis on proper alignment, symmetry and technique. <i>All Levels Welcome. Instructor:</i> Chris Green <i>Website:</i> www.lukeslocker.com
1:00pm-2:00pm	Rescue Yoga 1933 E. Frankford Rd. #180 Carrollton 75007 972.978.4927 or 972.939.2949	RICKY TRAN INTRO to VINYASA FLOW CLASS: Ricky's Vinyasa classes are designed to increase prana or life-force in the body through movement and breath. Be prepared to sweat. <i>All Levels Welcome. Instructor:</i> Ricky Tran <i>Website:</i> www.rescuevoga.com or www.rickytranvoga.com
1:00pm-2:00pm	Surya Center for Yoga 848 Denton Tap Rd. #250 Coppell 75019 972-304-8484	GENTLE YOGA: A class that incorporates the use of props such as chairs, balls, wall and bolster. Class suitable for seniors and students with Multiple Sclerosis and Fibromyalgia. <i>All Levels Welcome. Instructor:</i> Misty Weaver <i>Website:</i> www.suryacentervoga.com
1:15pm- 2:15pm	American Power Yoga 5400 E. Mockingbird Lane Suite#221 Dallas 75206 469.232.9642	TEEN YOGA for ages 13 to 16yrs: APY Teens mission is to share the powerful tools of yoga with kids through playful creative movement and postures, games and breath. <i>Teens of All Levels Welcome! Instructor:</i> Jen Lawson <i>Website:</i> www.americanpowervoga.com
1:15pm- 2:15pm	Karmany Yoga 5014 McKinney Ave. Dallas 75205 214.564.7772	VINYASA YOGA: This class will challenge you to tune in and find your zen! <i>All Levels Welcome. Instructor:</i> Ginger Newberg ERYT <i>Website:</i> www.karmanyoga.com
1:15pm- 2:15pm	Karmany Yoga 5014 McKinney Ave. Dallas 75205 214.564.7772	KID's YOGA: Your kids will laugh and play while incorporating breathing, postures, songs and a story in this class. <i>Kid's Welcome. Instructor:</i> Taylor Yoss <i>Website:</i> www.karmanyoga.com
1:30pm- 2:30pm	American Power Yoga 670 Coit Rd. Suite#2380 Richardson 74080 972.497.9642	TEEN YOGA for ages 13 to 16yrs: APY Teens mission is to share the powerful tools of yoga with kids through playful creative movement and postures, games and breath. <i>Teens of All Levels Welcome! Instructor:</i> Danielle McLean <i>Website:</i> www.americanpowervoga.com

1:30pm- 3:00pm	BKS Iyengar Yoga Studio of Dallas 5539 Dyer Street Dallas 75206 214.365.9642	IYENGAR YOGA LEVEL 1 – 2: Taught in the Iyengar method and will include some work with inversions like Sirsasana or Sarvangasana (head stand and shoulder stand). The Iyengar method emphasizes the alignment and will sometimes use props to increase range of motion. <i>Mixed/Intermediate Levels. Instructor:</i> George Purvis <i>Website:</i> www.dallasiyengaryoga.com
1:30pm- 3:00pm	Dallas Yoga Center 4525 Lemmon Ave. #305 Dallas 75219 214-443-9642	RESTORATIVE YOGA: A series of rejuvenating and supported poses taught to promote vitality and create a state of deep relaxation. <i>All Levels Welcome. Instructor:</i> Cassandra Delarios <i>Websites:</i> www.dallasvogacenter.com or www.cassandravoga.com
1:30pm- 2:00pm	Dirt Cheap Yoga @ Trinity River Audubon 6500 South Loop 12 Dallas 75217 214.398.8722 or 214.347.4428	DIRT CHEAP YOGA CLASS: A class of moving, flowing postures with real and applicable descriptions, guidance, and a little humor for flavor. Be prepared for the sounds of nature and maybe a few bugs, take a breath of the outdoor oxygen! <i>All Levels Welcome. Instructor:</i> Dirt Cheap Yoga Instructor <i>Website :</i> www.dirtcheapvoga.com or www.trinityriveraudubon.org
1:30pm- 2:30pm	Park Cities Yoga 5934 Royal Ln. #252 Dallas 75230 214.350.2269	PERFORMANCE YOGA: An introduction: We move from breath / asana into use of root sounds and engaged voice, then observe the unique poetry of Shakespeare in the body. Identify and unlock the body as a living record of personal history. <i>All Levels Welcome. Instructor:</i> Jeffrey Farrell <i>Website:</i> www.parkcitiesyoga.com
1:45pm- 2:45pm	Move Studio 17062 Preston Rd. #108, Dallas 75248 972-732-0206	BUDDY YOGA: Bond with a friend, love, or family member while experiencing partner poses, breath awareness, Thai Yoga and reflexology techniques. <i>All Levels Welcome. Instructors:</i> Bethany Padnuk and Travis Webb <i>Website:</i> www.movestudio.com or www.creativeyogini.com
1:45pm- 2:45pm	Move Studio 17062 Preston Rd. #108, Dallas 75248 972-732-0206	CHAIR YOGA: Always wanted to practice yoga, but found it too intimidating for your mobility level or body type? All types of people can enjoy Chair Yoga's many benefits. This class teaches seated and standing yoga postures and breathing techniques done with the support and added stability of a chair. <i>All Levels Welcome. Instructor:</i> Valerie Rogers <i>Website:</i> www.movestudio.com

2:00pm- 2:30pm	Dirt Cheap Yoga @ Trinity River Audubon 6500 South Loop 12 Dallas 75217 214.398.8722 or 214.347.4428	DIRT CHEAP YOGA CLASS: A class of moving, flowing postures with real and applicable descriptions, guidance, and a little humor for flavor. Be prepared for the sounds of nature and maybe a few bugs, take a breath of the outdoor oxygen! <i>All Levels Welcome. Instructor:</i> Dirt Cheap Yoga Instructor <i>Website :</i> www.dirtcheapyoga.com or www.trinityriveraudubon.org
2:00pm- 3:00pm	Gold's Gym at White Rock Lake 718 N. Buckner Blvd. Dallas 75228 214-320-0000	BODY JUGGLING: This is a revolutionary, rhythmic-based fitness technique which combines the disciplines of yoga, Tai Chi and acrobatics. Learn to juggle and improve your agility, balance and hand-to-eye coordination while having fun! No eggs or chainsaws please!! <i>All Levels Welcome. Instructor:</i> Logan <i>Website:</i> www.goldsgym.com
2:00pm- 3:30pm	Tree Yoga University of Texas Dallas Campus 800 W. Campbell Rd. (near Floyd and Mill Springs) just South of the UTD East Entrance Richardson 75080 469.358.5533	TREE YOGA: Among THE TREES with TreeYoga Founders - Hal & Debra Pruessner. Come connect with nature and explore the many benefits of Tree Yoga. Have fun as you increase balance, strength, and flexibility, as well as experience deep relaxation! Tree Yoga Multi Slings will be provided, along with experienced, professional instruction. <i>All Levels Welcome. Instructors:</i> Hal Pruessner and other TreeYoga Instructors. <i>Website:</i> www.treeyoga.org
2:00pm- 3:00pm	Tsada Studio 1409 South Lamar Loft #745 Dallas 75215 214-616.2540	CONSCIOUS LIVING: Introduction to Ayurveda team taught by Celine Verdier & Douchka Lecot. <i>All Levels Welcome. Instructor:</i> Tsada Instructors <i>Website:</i> www.tsadayoga.com
2:30pm- 3:00pm	Dirt Cheap Yoga @ Trinity River Audubon 6500 South Loop 12 Dallas 75217 214.398.8722 or 214.347.4428	DIRT CHEAP YOGA CLASS: A class of moving, flowing postures with real and applicable descriptions, guidance, and a little humor for flavor. Be prepared for the sounds of nature and maybe a few bugs, take a breath of the outdoor oxygen! <i>All Levels Welcome. Instructor:</i> Dirt Cheap Yoga Instructor <i>Website :</i> www.dirtcheapyoga.com or www.trinityriveraudubon.org
3:00pm-4:15pm	A Breath of Yoga 1101 S. Broadway Suite#120 Carrollton 75006 214.770.4095	RESTORATIVE YOGA: A series of rejuvenating and supported poses taught to promote vitality and create a state of deep relaxation. <i>All Levels Welcome. Instructor:</i> Heather Alexander <i>Website:</i> www.abreathofyoga.net

3:00pm-4:30pm	Bikram Yoga Fort Worth 921 Foch St. Fort Worth 76107 817.335.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.bikramyogafortworth.com
3:00pm-4:30pm	Bikram Yoga Richardson 1330 W. Campbell Rd. #106 Richardson 75080 972.234.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.bikramyogarichardson.com
3:00pm-4:00pm	Crescent Spa @ Rosewood Crescent Hotel 400 Crescent Court Dallas 75201 214.953.4361	YOGA STRENGTH CLASS: Please call 214.953.4261 to register for class as space is limited. Leave your name, phone number and time of class you will be participating in to register. Bring your own mat for class. <i>All Levels Welcome / Must be 17 years or older. Instructor:</i> Jessi Kennedy & Don Kirby <i>Website:</i> www.crescentcourtspa.com/spa
3:00pm-4:00pm	Sunstone Yoga-Uptown Village 2907 Routh St. Dallas 75201 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome. Instructor :</i> Sunstone Instructor <i>Website:</i> www.sunstoneyoga.com
3:00pm-3:30pm	Dirt Cheap Yoga @ Trinity River Audubon 6500 South Loop 12 Dallas 75217 214.398.8722 or 214.347.4428	DIRT CHEAP YOGA CLASS: A class of moving, flowing postures with real and applicable descriptions, guidance, and a little humor for flavor. Be prepared for the sounds of nature and maybe a few bugs, take a breath of the outdoor oxygen! <i>All Levels Welcome. Instructor:</i> Dirt Cheap Yoga Instructor <i>Website :</i> www.dirtcheapyoga.com or www.trinityriveraudubon.org
3:15pm-4:15pm	Tsada Studio 1409 South Lamar Loft #745 Dallas 75215 214-616.2540	TSADA FLOW: All Level Yoga Flow Class. This class is a Hatha / Vinyasa mix team taught by Chinook Wusdhu, Barb Totzke, Zed Zarembo, Celine Verdier & Douchka Lecot. <i>All Levels Welcome. Instructor:</i> Petri Brill <i>Website:</i> www.tsadavoga.com
3:30pm-4:30pm	Sunstone Yoga- North Dallas 14902 Preston Rd #612, Dallas 75254 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome. Instructor :</i> Sunstone Instructor <i>Website:</i> www.sunstoneyoga.com

3:30pm-4:30pm	Sunstone Yoga-Preston Forest Village 11661 Preston Rd. #206 Dallas 75230 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
3:30pm-4:00pm	Dirt Cheap Yoga @ Trinity River Audubon 6500 South Loop 12 Dallas 75217 214.398.8722 or 214.347.4428	DIRT CHEAP YOGA CLASS: A class of moving, flowing postures with real and applicable descriptions, guidance, and a little humor for flavor. Be prepared for the sounds of nature and maybe a few bugs, take a breath of the outdoor oxygen! <i>All Levels Welcome.</i> Instructor: Dirt Cheap Yoga Instructor Website : www.dirtcheapvoga.com or www.trinityriveraudubon.org
4:00pm - 5:00pm	Karmany Yoga 5014 McKinney Ave. Dallas 75205 214.564.7772	JIVAMUKTI YOGA: Join a vigorous and challenging form of vinyasa asana practice (flowing postures), infused with an inspiring musical soundtrack, where original scriptures are cited, Sanskrit is chanted and meditation is part of every class. <i>All Levels Welcome.</i> Instructor: deAnna Anderson Website: www.karmanvoga.com
4:15pm - 5:45pm	Sunstone Yoga-Preston Towne Crossing 4909 W. Park Blvd. #183 Plano 75093 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
4:30pm- 6:00pm	Alive & Healthy Institute 14114 Dallas Parkway #260 Dallas 75254 972.774.0221 & 214.725.1644	TANTRA UNVEILED: Explore the living science of tantra & its role in the sustainability of global ecology & personal relationships. Learn where it thrives today & how to harness the power inside you for self-transformation. A fascinating look at the 3 schools of tantra & the basic practice for initiation. A free book for the first 20 attendees to help you continue your study. <i>All Levels Welcome.</i> Instructor: Pandit Blair Lewis Website: www.aliveandhealthy.com
4:30pm- 6:00pm	Bikram Yoga Dallas 6333 E. Mockingbird Lane Dallas 75214 214.824.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level.</i> Instructor: Bikram Instructor Website: www.vogadallas.com
4:30pm- 6:00pm	Bikram Yoga Grapevine 6240 North Main Street Grapevine 76051 817.416.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level.</i> Instructor: Bikram Instructor Website: www.bikramyogagrapevine.com

4:30pm- 6:00pm	Sunstone Yoga-Uptown Village 2907 Routh St. Dallas 75201 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
4:30pm- 6:00pm	Sunstone Yoga-Centre at Preston Ridge 8250 Gaylord Parkway Ste 9 Frisco 75034 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
4:30pm- 6:00pm	Sunstone Yoga-Pines of Flower Mound 1121 Flower Mound Rd. Ste 520 Flower Mound 75028 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
4:30pm- 6:00pm	Sunstone Yoga-Eldorado Crossings 3180 W Eldorado Parkway Ste 100 McKinney 75070 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
4:30pm- 6:00pm	Sunstone Yoga-Southlake Village 2140 E Southlake Blvd. Suite H Southlake 76092 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
4:30pm- 6:00pm	Sunstone Yoga-Rockwall Village 449 E I-30 & Ridge Rd Rockwall 75087 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com
4:30pm- 6:00pm	Sunstone Yoga-Huffines Park Plaza 189 N Plano Rd Richardson 75081 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstoneyoga.com

4:30pm- 6:00pm	Sunstone Yoga- Las Colinas Village 975 W John Carpenter #109A Las Colinas 75039 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 90 minutes 60% humidity 98.6 degrees. It is a Hatha Yoga Beginners Class. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
4:45pm - 5:45pm	Sunstone Yoga-Preston Towne Crossing 4909 W. Park Blvd. #183 Plano 75093 214.764.2119	HOT, POWER & FITNESS YOGA: Open to all levels. Hot Yoga 60 minutes 60% humidity 98.6 degrees. We provide mats, towels & water for free (bring your water bottle). Dress for sweat. <i>All Levels Welcome.</i> Instructor : Sunstone Instructor Website: www.sunstonevoga.com
5:00pm-6:30pm	A Breath of Yoga 1101 S. Broadway Suite#120 Carrollton 75006 214.770.4095	TANTRIC HATHA YOGA: A transformative class that will combine asana, vinyasa, pranayama, mantra, relaxation, meditation, and other energetic practices. Designed to develop deeper internal awareness, balanced energy, and greater physical and mental ease. This class is a true celebration of the practice of yoga. <i>All Levels Welcome.</i> Instructor: Shanon Buffington, ERYT Website: www.shanonbuffingtonvoga.com
5:00pm-7:00pm	Healing Circle Center in Spiritual Fitness Center 300 Coit Rd. Suite#179 Richardson 75080 214.232.5159	YAMADRAMA YOGA for COMPULSIVE BEHAVIORS: This class is a mixture of Primary Yoga Asana integrated with 4th Step-Self Study Journaling Handouts, Sharing Circle, Partnering actions and Yama discussion. <i>All Levels Welcome.</i> Instructor: Tz Stein-Barrett, CYI, LCSW Website: www.healingcirclecenter.org
5:00pm-6:00pm	Park Cities Yoga 5934 Royal Ln. #252 Dallas 75230 214.350.2269	PRANAYAMA / BREATHING: Observe, unlock and claim your breath across disciplines and beyond your mat. De-mystify Pranayama. In all sessions, we observe principles of the work and play, not scripts. Emphasis: Presence. <i>All Levels Welcome.</i> Instructor: Jeffry Farrell Website: www.parkcitiesyoga.com
5:30pm- 6:30pm	Destination Maternity 5539 LBJ Frwy by Galleria Dallas 75240 972.788.4115	PRENATAL YOGA: Relaxing exercise in gentle yoga poses will increase flexibility, strength, circulation, balance and the mind-body-spirit. Connection for expecting Mothers. <i>Everyone Welcome.</i> Instructor: Destination Maternity Licensed Yoga Instructor Website: www.destinationmaternity.com
5:30pm- 6:30pm	Yogis of South Dallas & Ellis County @ Studio One Fitness 2251 Brown St. Waxahachie 75165 214.532.0776	HOT POWER VINYASA FLOW: A Power vinyasa flow in the style of a Baptiste Vinyasa Power Flow. Come get your flowing going with us! <i>All Levels Welcome.</i> Instructor : Jessica Fiorillo Website: www.elliscountyvoga.webs.com

5:45pm - 6:45pm	Yoga Balance 213 N. Kentucky, McKinney 75071 972.832.5864	LEVEL 1 YOGA FLOW: This yoga class is appropriate for beginners but also open to all levels of students. Class moves at a moderate tempo allowing time for modifications, focus on alignment, connection with breath while calming the mind. <i>All Levels Welcome. Instructor:</i> Tracy Carruth <i>Website:</i> www.yogabalancelstudio.com
6:00pm- 7:15pm	Dragon Fire Yoga 9028 Garland Road Dallas 75218 214.850.0746	HATHA YOGA FLOW: Awaken into your body with a hatha flow class designed to move you from external to internal awareness. Instructors will guide you safely through a full body alignment practice. Moving from meditation into sun salutation, standing sequences & back into stillness for a blissful day. <i>All Levels Welcome. Instructor:</i> Dragon Fire Instructor <i>Website:</i> www.dragonfirevoga.com
6:00pm- 7:00pm	Gaia Flow Studio 15520 Spectrum Drive Addison 75001 972.413.9092	GAIA FLOW YOGA: Gaia Flow Yoga "Ocean" practice is a high intensity interval training practice that cycles between waves of intense vinyasa flow, strong holding postures, and opening poses to strengthen cardiovascular systems, stimulate the metabolism, detox the body. <i>All Levels Welcome. Instructor:</i> Chrystal Rae <i>Website:</i> www.gaiaflowyoga.com
6:00pm- 7:00pm	Park Cities Yoga 5934 Royal Ln. #252 Dallas 75230 214.350.2269	HANDSTANDS & BALANCES: Come leave your shoes and ego at the door to explore moving into balance postures with confidence, grace and fun in a non-competitive environment. <i>Intermediate / Advanced Levels Welcome. Instructor :</i> Carlos Mendez & Jeffrey Farrell <i>Website:</i> www.parkcitiesyoga.com
6:30pm- 8:00pm	Bikram Yoga Dallas 6333 E. Mockingbird Lane Dallas 75214 214.824.9642	BIKRAM YOGA: The original Hot Yoga - 90 minutes, 26 postures and 2 breathing exercises taught in a heated room for total body fitness. Dress to sweat. Bring a mat, water and a towel. <i>Beginner Level. Instructor:</i> Bikram Instructor <i>Website:</i> www.yogadallas.com
6:30pm- 7:45pm	Yogis of South Dallas & Ellis County @ Superkicks Karate 800 Silken Crossing Midlothian 76065 214.532.0776	STRESS RELIEF VINYASA FLOW: Designed for those who enjoy a good, sweat and Vinyasa Flow. A relaxing flowing style class based on movement and breath, suited for all body types. Alignment and deep relaxation with optional aromatherapy are also a focus of this session. <i>All Levels Welcome. Instructor :</i> Lisa Ware <i>Website:</i> www.elliscountyyoga.webs.com
7:00pm- 8:30pm	CHI Studio 807 Fletcher Street Dallas 75228 214.557.6408	VINYASA FLOW: A dynamic and invigorating flow class incorporating principles of Ashtanga Yoga in a safe, fun and challenging class environment. <i>All Levels Welcome. Instructor:</i> Rogelio <i>Website:</i> www.chidallas.com

7:00pm- 8:00pm	Downtown Dallas Pilates Studio 1309 Main St. # 211 Dallas 75201 469.995.0874	YOGA / PILATES CLASS: This class combines Yoga & Pilates. A rhythm and flow of movements, emphasizing proper breathing, correct alignment and complete concentration on flowing movement, you become aware of how your body feels, where it is in space, and how to control its movement. <i>All Levels Welcome. Instructor:</i> Don Kirby <i>Website:</i> www.downtowndallaspilates.com
7:00pm- 8:00pm	Rescue Yoga 1933 E. Frankford Rd. #180 Carrollton 75007 972.978.4927 or 972.939.2949	HEALING HATHA: Gentle yoga postures to allow for the healing of minor aches and pains due to the bodies reactions to day to day stress. This class is for people healing from an injury or illness and want to continue their yoga practice and keep the body in balance. <i>All Levels Welcome. Instructor:</i> Jennifer Alterman <i>Website:</i> www.rescueyoga.com
7:00pm- 8:00pm	Yoga Balance 213 N. Kentucky, McKinney 75071 972.832.5864	LEVEL 2 VINYASA FLOW: A challenging flow asana practice builds on internal and external strength through concentration and individual intentions within your practice. Practiced in a heated room. <i>All Levels Welcome. Instructor:</i> Kelli Davis <i>Website:</i> www.yogabalancelstudio.com
7:30pm- 8:45pm	Dragon Fire Yoga 9028 Garland Road Dallas 75218 214.850.0746	RESTORATIVE YOGA: A series of rejuvenating and supported poses to promote health and create a state of deep relaxation. Leave feeling refreshed and restored. <i>All Levels Welcome. Instructor:</i> Dragon Fire Instructor <i>Website:</i> www.dragonfireyoga.com
7:45pm- 8:45pm	Gaia Flow Studio 15520 Spectrum Drive Addison 75001 972.413.9092	GAIA FLOW YOGA: Gaia Flow Yoga "Desert" practice is a meditative and purifying practice. Specific focus to unwind the mind, unravel the body, and open the heart. Through meditation, flexibility and detoxification the body opens and flexibility improves blocked pranic energy to ignite the detoxification and healing processes. <i>All Levels Welcome. Instructor:</i> Sonya Tatro <i>Website:</i> www.gaiaflowyoga.com

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