



*Breathe. Smile. Believe.*

## Inspired Living Yoga Schedule

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**Mondays - 7:00-8:00 AM**  
**Strong and Light**

**Tuesdays- 5:00-6:00 PM**  
**Hips & Core**

**Wednesdays - 7:00-8:00 AM**  
**Rise & Shine**

**Wednesdays - 4:15-4:45 PM**  
**Short & Powerful**

**Thursdays -7:15 -8:30 PM**  
**Bliss**

**Fridays - 9:00 -10:00 AM**  
**Vinyasa**

**Saturdays - 8:30-9:30 AM**  
**Hatha Flow**

“Yoga the experience requires yoga the practice.”

[www.inspiredlivingwithsylyvie.com](http://www.inspiredlivingwithsylyvie.com)

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