



REDMOND Studio Schedule



SCAN ME

MONDAY

9:30-10:45A
HEALING FLOW

TUESDAY

4:15-5:15P
VIN/YIN

5:45-6:45P
POWER FLOW

7-8P
EVOKE YIN

5:45-6:45P
POWER FLOW

WEDNESDAY

9:30-10:45A
HEALING FLOW

5:45-6:45P
\$5 FLOW

7-8P
EVOKE YIN

THURSDAY

4:15-5:15P
VIN/YIN

5:45-6:45P
POWER FLOW

FRIDAY

9:30-10:45A
HEALING FLOW

4:15-5:15P
VIN/YIN

SATURDAY

10-11:15A
VIN/YIN

SUNDAY

10-11:15A
VIN/YIN

4:15-5:15P
VIN/YIN

JOHN DAY Schedule

@Canyon Mountain Center

TUESDAY 5:30-6:30P
POWER FLOW + ZOOM

EVERY THIRD FRIDAY 2-3P
VIN/YIN + ZOOM



POWER FLOW, \$5 FLOW & VIN/YIN ARE HEATED TO 90°.
(ON 95°+ DAYS WE WILL DROP THE TEMP TO 80-85°.)
ALL OTHER CLASSES ARE ROOM TEMPERATURE.

July 2022