



NAMASPA
YOGA COMMUNITY

ZOOM Livestream Schedule



SCAN ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6-7A POWER FLOW	6-7A POWER FLOW	6-7A POWER FLOW	6-7A POWER FLOW		
			7-7:30A FREE MEDITATION		8-9A POWER FLOW	8-9A POWER FLOW
9:30-10:45A POWER FLOW & 9:30-10:45P HEALING FLOW	9:30-10:45P HEALING FLOW	9:30-10:45A POWER FLOW & 9:30-10:45P HEALING FLOW	9:30-10:45P HEALING FLOW	9:30-10A FREE FIRST FRIDAY MEDITATION	9:30-10:45A POWER FLOW	9:30-10:45A POWER FLOW
NOON-1P POWER FLOW	NOON-1P POWER FLOW	NOON-1P POWER FLOW	NOON-1P POWER FLOW	NOON-1P POWER FLOW	NOON-1P POWER FLOW	NOON-1P POWER FLOW
4-5P VIN/YIN	4-5P \$5 FLOW	4-5P VIN/YIN	4-5P POWER FLOW	EVERY 3RD FRIDAY 2-3P VIN/YIN	10-11:15A VIN/YIN	10-11:15A VIN/YIN
	4:15-5:15 VIN/YIN		4:15-5:15P VIN/YIN	4:15-5:15P VIN/YIN		4:15-5:15P VIN/YIN
5:30-6:30P POWER FLOW	5:30-6:30P POWER FLOW (BEND OR JOHN DAY)	5:30-6:30P POWER FLOW	5:30-6:30P POWER FLOW			
5:45-6:45P POWER FLOW	5:45-6:45P POWER FLOW	5:45-6:45P \$5 FLOW	5:45-6:45P POWER FLOW			
7-8P EVOKE YIN	7-8P EVOKE YIN	7-8P EVOKE YIN	7-8P EVOKE YIN			7-8P EVOKE YIN
8:30-9:30P NIDRA FOR SLEEP						

July 2022