

# wellness

@MINERALSPORTSCLUB

## *monday*

### **MY DAILY PRACTICE**

7:00am

### **MINDFUL MONDAY**

6:00pm

## *tuesday*

### **MY DAILY PRACTICE**

6:00am

### **YOGA POWER FLOW**

9:45am

### **YOGA + SOUND MEDITATION**

7:00pm

## *wednesday*

### **GENTLE YOGA WITH MEDITATION**

7:00am

### **HEALING YOGA FOR MIND + BODY**

9:15am

### **YOGA + SOUND MEDITATION**

7:00pm

## *thursday*

### **TRANSFORMATIONAL BREATHWORK**

6:00am

### **YOGA**

7:00am

### **YOGA FOUNDATION**

9:15am

### **RELEASE + RESTORE**

6:30pm

## *friday*

### **MY DAILY PRACTICE**

8:00am

## *saturday*

### **FIRE + FLOW**

9:00am

## *sunday*

### **RELEASE + RESTORE**

7:15am