



YOGA CLASSES/CONSULTATIONS

~ BODY~FRIENDLY, STRESS~RELIEVING, DYNAMIC HATHA YOGA ~

SPRING SESSION, 2025

(IN PERSON AND ZOOM AVAILABLE – Contact Teddy for more information)

January 6 ~ May 22, 2025

(Holidays ~ TBA)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30~9:30am <i>Vinyasa</i> Teddy	1-on-1 <i>Consultations</i> (By Appointment)	8:30~9:30am <i>Vinyasa</i> Teddy	1-on-1 <i>Consultations</i> (By Appointment)	
			4:30~5:30pm <i>Nurturing Prenatal Yoga</i> Teddy		
5:30~6:30pm <i>Santosha Vinyasa</i> Teddy	5:30~6:30pm <i>Santosha Vinyasa</i> Teddy		5:30~6:30pm <i>Santosha Vinyasa</i> Teddy		

DESCRIPTIONS of YOGA CLASSES

Morning Classes: *Vinyasa = Flow* ~ Empower your day with this dynamic flowing mindful yoga class, as we focus on synchronizing breath & movement! This lively morning practice will energize you ~ you'll feel vibrant, centered and ready for the rest of your day!

Evening Classes: *Santosha/Vinyasa = Contentment/Flow* ~ Renew your energy while reducing your day's stress in this flowing, breath-focused, dynamic evening practice!

Nurturing Prenatal: Cultivate prenatal health & wellbeing in this specially designed yoga practice, preparing Mom and baby for birth with Teddy, a registered prenatal yoga therapist (RPYT) and certified yoga therapist (C-IAYT). Provider release required to begin class. Contact Teddy for more details before attending.

Email: theyogaqueen@gmail.com **Phone:** (307)-763-0017

Website: <https://www.santoshayogawyo.com> **Face Book:** Santosha Yoga, Sheridan, WY



Supported by AJF Martial Arts & Santosha Yoga Center, LLC