



YOGA CO-OP OF MADISON

812 E DAYTON ST MADISON, WI 53703

DEVOTED TO TEACHING CLASSICAL YOGA
IN THE IYENGAR TRADITION

MAY-AUGUST 2023 SCHEDULE

[SIGN-UP @ YOGACOOOP.COM](http://YOGACOOOP.COM)

Sunday	10:00 – 11:30 AM	ALL LEVELS	Katie	STUDIO
	5:00 - 6:30 PM	ALL LEVELS	Katie	ZOOM
Monday	6:00 – 7:15 PM	BEGINNER SERIES May 8 to May 29 June 5 to June 26 July 10 to July 31	Lisa Paul Faith	STUDIO
		Tuesday	10:00 -- 11:30 AM	ALL LEVELS
	5:30 – 7:00 PM	LEVEL 2	Faith	STUDIO & ZOOM
Wednesday	9:00 -- 10:15 AM	AGELESS SERIES April 19 to May 31 June 14 to July 19 August 2 to Sept 13	Faith Faith Faith	STUDIO
	5:00 – 6:30 PM	ALL LEVELS	Katie	STUDIO
	7:00 – 8:30 PM	LEVEL 1	Sophie	STUDIO
Thursday	11:00 AM – 12:15 PM	BASIC TWISTS SERIES June 1 to June 29	Sophie	STUDIO
		SHOULDER SERIES July 13 to August 10	Sophie	
	5:30 – 7:00 PM	ALL LEVELS	Karan	STUDIO & ZOOM
Saturday	9:00 – 10:30 AM	LEVEL 1	Lisa	STUDIO & ZOOM

See: yogacoop.com/class-descriptions/ for details