



# Free Day of Yoga Houston 2010 Schedule

Labor Day, September 6<sup>th</sup>, 2010 - Houston Area Yoga Classes

~ Please go to [www.fdoyhouston.com](http://www.fdoyhouston.com) for any updates on class schedule ~



8:00 AM	:00	<b>Nia Moves - Yoga Inspired Stretch and Strengthen w/ Karen</b> 3221 Houston Avenue Houston, TX
	:00	<b>The Yoga Institute Houston - Int./Adv Asana Flow w/Stephanie</b> 2150 Portsmouth Street, Houston, TX
8:30 AM	:30	<b>Yoga West - Hatha Yoga, all levels - Heritage Square at La Centerra in Katy, TX</b>
8:30 AM	:30	<b>Kick-off Event! Free Day of Yoga at Discovery Green - 1500 McKinney, Houston, TX 77010</b>
9:00 AM	:00	<b>Jewish Community Center - Vinyasa Flow w/Candice</b> 5601 South Braeswood, Houston, TX
	:00	<b>Joy Yoga Center - Vinyasa Yoga w/Joy</b> 4500 Washington Avenue, Suite 900 Houston, TX
	:00	<b>lululemon athletica - Highland Village - Community Yoga Class</b>
	:00	<b>Sundance Yoga - Mixed Level Vinyasa</b> 128 S. Friendswood Dr., Friendswood, TX 77546
	:00	<b>Your Body Center - Hatha Yoga</b> 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
	:00	<b>The Yoga Institute Clear Lake - Int./Adv Vinyasa Flow w/Cami</b> 18083 Upper Bay Road, Nassau Bay, TX
9:15 AM	:15	<b>Yoga Ananda - Power Vinyasa Flow, all levels</b> 1822 West Alabama #2, Houston, TX
	:15	<b>Yoga Ananda - Power Vinyasa Flow, all levels</b> 1822 West Alabama #2, Houston, TX
9:30 AM	:30	<b>Sugarland Town Square - Beginner Vinyasa Yoga on the Square in Sugarland, TX</b>
	:30	<b>Yoga Rasa - Labor of Love, Lev. 1, Free for All Yoga w/Gracie &amp; Elle</b> 17226 Mercury #108, Houston, TX
	:30	<b>The Yoga Institute Houston - Int./Adv Backbends &amp; Inversions</b> 2150 Portsmouth Street, Houston, TX
9:45 AM	:45	<b>Heights School of Yoga - Vinyasa Karma Yoga w/Pam J.</b> 1547 Rutland, Houston, TX 77008
10:30 AM	:30	<b>Jewish Community Center - Over 55 Yoga w/Gudrun</b> 5601 South Braeswood, Houston, TX
	:30	<b>Joy Yoga Center - Intermediate Vinyasa Flow w/Joy</b> 4500 Washington Avenue, Suite 900 Houston, TX
	:30	<b>Gold's Gym Bear Creek - Beginner Flow</b> 16211 Clay Road Houston, TX
	:30	<b>Gold's Gym Woodlands/Magnolia - BodyFlow -A mix of Yoga, Pilates and Tai Chi. All levels</b> 6210 FM 1488 Magnolia, TX
	:30	<b>The Yoga Institute Clear Lake - Inversions &amp; Arm Balances w/Kelly G.</b> 18083 Upper Bay Road, Nassau Bay, TX
10:45 AM	:45	<b>City Center Lifetime Fitness Athletic - Hatha Yoga, all levels w/Melissa</b> 815 Town and Country Lane, Houston, TX
11:00 AM	:00	<b>Yoga Rasa - Kick Your Asana - Rockin' Rasa Power Flow w/Tracie</b> 17226 Mercury #108, Houston, TX
	:00	<b>Heights School of Yoga - Forrest Yoga w/Kristin</b> 1547 Rutland, Houston, TX 77008
11:30 AM	:30	<b>The Yoga Institute Houston - Yoga Basics w/Molly</b> 2150 Portsmouth Street, Houston, TX
11:45 AM	:45	<b>YogaOne - Forrest Inspired Vinyasa Flow</b> 3030 Travis Street, Houston, TX
12:00 PM	:00	<b>The Yoga Institute Clear Lake - Hatha, all levels w/ Margaret McPhail</b> 18083 Upper Bay Road, Nassau Bay, TX
	:00	<b>Your Body Center - Your Hot Body Yoga</b> 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
1:00 PM	:00	<b>The Yoga Institute Houston - Rock &amp; Roll Yoga Flow w/George</b> 2150 Portsmouth Street, Houston, TX
1:30 PM	:30	<b>The Yoga Institute Clear Lake - Backbends, Hips &amp; Twists w/Raye Lynn</b> 18083 Upper Bay Road, Nassau Bay, TX
2:00 PM	:00	<b>Jennyoga - Shake Your Asana Int/Adv Vinyasa Flow w/Jenny &amp; Lidieth</b> 3641-C Westheimer Rd., Houston, TX
3:30 PM	:30	<b>Ekam Yoga Center - Beginner Power Yoga, Yoga Cardio Mix</b> 7036-B FM 1960 Rd., East Atascocita, TX
4:30 PM	:30	<b>Ekam Yoga Center - Hula Hoop Basics</b> 7036-B FM 1960 Rd., East Atascocita, TX
	:30	<b>YogaOne - Hot Yoga</b> 3030 Travis Street, Houston, TX
5:00 PM	:00	<b>Jennyoga - Intermediate Vinyasa Flow w/ Blair</b> 3641-C Westheimer Rd., Houston, TX
	:00	<b>Your Body Center - Beginner Yoga</b> 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
5:30 PM	:30	<b>City Center Lifetime Fitness Athletic - Vinyasa Yoga, all levels</b> 815 Town and Country Lane, Houston, TX
	:30	<b>Ekam Yoga Center - Hatha Yoga, The Art of Yoga</b> 7036-B FM 1960 Rd., East Atascocita, TX
6:00 PM	:00	<b>Hare Krishna Temple, Gauranga Hall - Bhakti Yoga w/Advaita &amp; Kalasudha</b> 1320 W. 34th St., Houston, TX
6:15 PM	:15	<b>Nia Moves - Hatha Yoga w/Melanie</b> 3221 Houston Avenue Houston, TX
	:15	<b>Your Body Center - Yin Yoga</b> 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
	:15	<b>Your Body Center - Your Hot Body Yoga</b> 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
6:30 PM	:30	<b>Jennyoga - Beginner Tibetan Yoga w/ Ale</b> 3641-C Westheimer Rd., Houston, TX
	:30	<b>Sundance Yoga - Mixed Level Vinyasa</b> Pearland Location - 2809 Miller Ranch Rd. 77584
	:30	<b>Sundance Yoga - Mixed Level Vinyasa</b> 128 S. Friendswood Dr., Friendswood, TX 77546
7:00 PM	:00	<b>Bayou City Cross Fit - Hatha Yoga, all levels</b> 1717 W. 34th St., Houston, TX
7:30 PM	:30	<b>Ekam Yoga Center - Beginner Meditation on the Chakras</b> 7036-B FM 1960 Rd., East Atascocita, TX

