**Farmingdale Fall 2020 34 Hempstead Turnpike, Farmingdale NY 11735 YOGA- ACADEMY**

516.755.5855 online at [www.medwellspa.com](http://www.medwellspa.com) for all schedule updates. Classes are 55 minutes long unless otherwise noted. Arrive 15 minutes early and observe proper yoga etiquette by removing your shoes, silencing your phones and whispering in studio. Class assignments are subject to change at any time. **Classes with an asterisk (\*) are excluded from punch card access at this time.** Please bring your own mat and props. You must wear a mask to enter the academy, complete a Covid-19 questionnaire at every visit and complete a temperate check. Text “MEDWELLVIP” to 51660 to join our text messaging system. Like us on Facebook “Medwellspa and Yoga Studio” Instagram @medwellspa

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **930am\***Yoga Fusion(Marilyn Sky) | 930amVinyasa(Ekaterina) | **930am\***Yoga Fusion(Marilyn Sky) | **930am\***Tai Chi(Marilyn Sky) | 930amVinyasa(Ekaterina) | 8amAshtanga(Marie) | **8am\***Vinyasa(Grace) |
| **11am\***Yin(Marilyn Sky) | 11amGentle(Ekaterina) | **11am\***Gentle(Marilyn Sky) | **11am\***Yin(Marilyn Sky) | 11amRestore(Ekaterina) | 930amBeginner(Sea Gypsy) | **930am\***Gentle(CJ) |
|  |  |  |  |  |  |  |
| **430pm\***Vinyasa (Kara) | 430pm Beginner(Kara) | 430pmYin(Kim) | 430pmBeginner(Marybeth) | **430pm\***Gentle(Kara) | **11am\***Hatha(Ora) |  |
| 6pmAdvanced(Teeny) | **6pm\***Vinyasa (Austin) | 6pmVinyasa(Kim) | 6pmVinyasa(Marybeth) | Pathway Workshops TBA |  |  |
| 8pmGentle (Teeny) | 8pmRestore(Austin) | **8pm\***Beginner(Kara) | 8pmOpen Vinyasa(Rebecca) | Live Namastream TBA |  |  |
| Sanctuary |  |  |  |  |  |  |
| Morning Namastream Live TBA | Teacher Training in Session | Morning Namastream Live TBA | Teacher Training in Session | Morning Namastream Live TBA | Morning Namastream Live TBA | Morning Namastream Live TBA |
|  | Evening Namastream Live TBA |  | Evening Namastream Live TBA | Pathway Workshops TBA | Pathway Workshops TBA | Yoga Teacher Training in Session |

Kindly use the rear entrance at 34 Hempstead Turnpike . **Classes with an asterisk (\*) are excluded from punch card access at this time.**

**Wantagh Fall 2020 2855 Jerusalem Avenue, Wantagh NY 11735 YOGA-ACADEMY**

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 930amBeginner(Tracey S) | **930am\***Tai Chi(Marilyn Sky) | 930amAshtanga(Marie) | 930amVinyasa (Jackie) | **930am\***Yoga Fusion(Marilyn Sky) | 8amGentle(Chrissy S) | 8amGentle(Dianna) |
| 11amVinyasa(Tracey S) | **11am\***Yoga Fusion(Marilyn Sky) | 11amVinyasa(Jane) | 11amBeginner(Jodi) | 11am\*Gentle w/Sound Bath (Marilyn Sky) | 930amVinyasa (Jesse) | 930amBeginner(Elisa) |
|  |  |  |  |  |  |  |
| 6pmGentle(Jackie) | 6pmVinyasa(Chrissy) | **6pm\***Yin(Marilyn Sky) | 6pmGentle(Teeny) | Pathway Workshops TBA | 11amAll Levels(Michelle) |  |
| 8pmAshtanga(Marybeth) | 8pmVinyasa II(Jesse) | **8pm\***Chakra Focus(Marilyn Sky) | 8pmPower (Teeny) | Pathway Workshops TBA |  |  |

**Islandia Fall 2020 1726 Veterans Highway, Islandia NY YOGA-ACADEMY 631.600.7878**

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 930amBeginner(Austin) | 930amVinyasa(Austin) | 930amGentle(Christi) | 930amVinyasa(Austin) | 930amGentle(Tracey Evolve) | 8amGentle(Ekaterina) | Closed for cleaning |
|  |  |  |  |  |  |  |
|  | 5pmYin(Ekaterina) | 5pmVinyasa(Ekaterina) |  | Pathway Workshops TBA | **930am\***Vinyasa(Ekaterina) |  |
| 630pmGentle(Gianna) | 630pmVinyasa(Ekaterina) | 630pmSlow Flow(Ekaterina) | 630pmVinyasa(Adria) | Pathway Workshops TBA | 11amYin and Restore(Ekaterina) |  |