**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) | 930am  Vinyasa  (Ekaterina) | **930am\***  Yoga Fusion  (Marilyn Sky) | **930am\***  Tai Chi  (Marilyn Sky) | 930am  Vinyasa  (Ekaterina) | 8am  Ashtanga  (Marie) | **8am\***  Vinyasa  (Grace) |
| **11am\***  Yin  (Marilyn Sky) | 11am  Gentle  (Ekaterina) | **11am\***  Gentle  (Marilyn Sky) | **11am\***  Yin  (Marilyn Sky) | 11am  Restore  (Ekaterina) | 930am  Beginner  (Sea Gypsy) | **930am\***  Gentle  (CJ) |
|  |  |  |  |  |  |  |
| **430pm\***  Vinyasa  (Kara) | 430pm  Beginner  (Kara) | 430pm  Yin  (Kim) | 430pm  Beginner  (Marybeth) | **430pm\***  Gentle  (Kara) | **11am\***  Hatha  (Ora) |  |
| 6pm  Advanced  (Teeny) | **6pm\***  Vinyasa  (Austin) | 6pm  Vinyasa  (Kim) | 6pm  Vinyasa  (Marybeth) | Pathway Workshops TBA |  |  |
| 8pm  Gentle  (Teeny) | 8pm  Restore  (Austin) | **8pm\***  Beginner  (Kara) | 8pm  Open 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 |
| 930am  Beginner  (Tracey S) | **930am\***  Tai Chi  (Marilyn Sky) | 930am  Ashtanga  (Marie) | 930am  Vinyasa  (Jackie) | **930am\***  Yoga Fusion  (Marilyn Sky) | 8am  Gentle  (Chrissy S) | 8am  Gentle  (Dianna) |
| 11am  Vinyasa  (Tracey S) | **11am\***  Yoga Fusion  (Marilyn Sky) | 11am  Vinyasa  (Jane) | 11am  Beginner  (Jodi) | 11am\*  Gentle w/Sound Bath (Marilyn Sky) | 930am  Vinyasa  (Jesse) | 930am  Beginner  (Elisa) |
|  |  |  |  |  |  |  |
| 6pm  Gentle  (Jackie) | 6pm  Vinyasa  (Chrissy) | **6pm\***  Yin  (Marilyn Sky) | 6pm  Gentle  (Teeny) | Pathway Workshops TBA | 11am  All Levels  (Michelle) |  |
| 8pm  Ashtanga  (Marybeth) | 8pm  Vinyasa II  (Jesse) | **8pm\***  Chakra Focus  (Marilyn Sky) | 8pm  Power  (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 |
| 930am  Beginner  (Austin) | 930am  Vinyasa  (Austin) | 930am  Gentle  (Christi) | 930am  Vinyasa  (Austin) | 930am  Gentle  (Tracey Evolve) | 8am  Gentle  (Ekaterina) | Closed for cleaning |
|  |  |  |  |  |  |  |
|  | 5pm  Yin  (Ekaterina) | 5pm  Vinyasa  (Ekaterina) |  | Pathway Workshops TBA | **930am\***  Vinyasa  (Ekaterina) |  |
| 630pm  Gentle  (Gianna) | 630pm  Vinyasa  (Ekaterina) | 630pm  Slow Flow  (Ekaterina) | 630pm  Vinyasa  (Adria) | Pathway Workshops TBA | 11am  Yin and Restore  (Ekaterina) |  |