

Kellyn School of Life Arts Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-10:45am Annie Level 1-2 Flow Yoga	6:00pm-7:15pm Carol Yoga with Weights	11:00am-12:30pm Cyndee Svaroopaa® Yoga	4:00pm-5:30pm Cyndee Svaroopaa® Yoga	9:30am-10:45am Lauren Open Level Yoga	No Classes
11:00am-12:30pm Cyndee Svaroopaa® Yoga	6:00pm-7:15pm Jim Tai Chi	6:00pm-7:15pm Lauren Open Level Yoga	6:00pm-7:15pm Carol Yoga with Weights	11:00am-12:30pm Carol Svaroopaa® Yoga	
6:00pm-7:15pm Carol Modified Ashtanga Yoga			6:00pm-7:15pm Jim Tai Chi		

Effective December 1, 2018



Llantrisant Retreat & Wellness Center

P.O. Box 369, 336 Bushkill St, Tatamy, PA 18085

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For more information, email: info@llantrisantretreat.com