



# FEBRUARY CLASS SCHEDULE

## MONDAY

- 8:30am Shadow Yoga (Mara)
- 5:00pm Vinyasa Flow Yoga (Erica)

## TUESDAY

- 8:30am Yogalign Hour of Power (Rochelle)

## WEDNESDAY

- 9:30am Shadow Yoga (Mara)

## THURSDAY

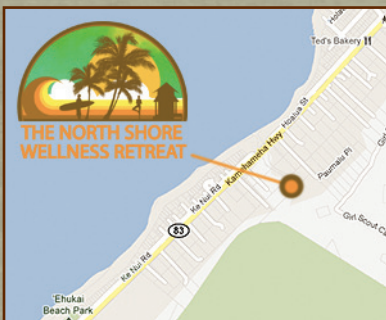
- 8:30am Vinyasa Flow Yoga (Michelle)
- 5:00pm Vinyasa Flow Yoga (Erica)

## FRIDAY

- 8:30am Aloha Friday Restorative Yoga (Rochelle)

## SATURDAY

- 10:00am Shakti Vinyasa Flow (Rochelle)



## The North Shore Wellness Retreat

59-142 Kamehameha Hwy, Haleiwa, HI 96712

Tel: 808-638-8137

View our Class Schedule Online at  
[surfintoyoga.com](http://surfintoyoga.com)