

*the*  
**Red Clover**<sup>tm</sup>  
wellness spa & yoga studio

---

## *August Yoga Schedule*

### *Monday*

7:00 – 8:00 PM

Beginners Yoga (Rebecca)

### *Tuesday*

5:30 – 6:30 PM

Restorative & Back Care

Alternating Weeks (Alex)

7:00 – 8:00 PM

Vinyasa Flow (Rebecca)

### *Wednesday*

6:30 – 7:30 PM

Yin Yoga (Reid)