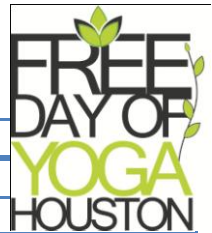




Free Day of Yoga Houston 2010 Schedule

Labor Day, September 6th, 2010 - Houston Area Yoga Classes

~ Please go to www.fdoyhouston.com for any updates on class schedule ~



7:00 AM	:00	Bayou City Cross Fit - Hatha Yoga, all levels 1717 W. 34th St., Houston, TX
8:00 AM	:00	Nia Moves - Yoga Inspired Stretch and Strengthen w/ Karen 3221 Houston Avenue Houston, TX
	:00	The Yoga Institute Houston - Int./Adv Asana Flow w/Stephanie 2150 Portsmouth Street, Houston, TX
8:30 AM	:30	Yoga West - Hatha Yoga, all levels - Heritage Square at La Centerra in Katy, TX
8:30 AM	:30	Kick-off Event! Free Day of Yoga at Discovery Green - 1500 McKinney, Houston, TX 77010
9:00 AM	:00	Jewish Community Center - Vinyasa Flow w/Candice 5601 South Braeswood, Houston, TX
	:00	Joy Yoga Center - Vinyasa Yoga w/Joy 4500 Washington Avenue, Suite 900 Houston, TX
	:00	lululemon athletica - Highland Village - Community Yoga Class
	:00	Sundance Yoga - Mixed Level Vinyasa 128 S. Friendswood Dr., Friendswood, TX 77546
	:00	Your Body Center - Hatha Yoga 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
9:15 AM	:15	The Yoga Institute Clear Lake - Int./Adv Vinyasa Flow w/Cami 18083 Upper Bay Road, Nassau Bay, TX
	:15	Yoga Ananda - Power Vinyasa Flow, all levels 1822 West Alabama #2, Houston, TX
9:30 AM	:30	Sugarland Town Square - Beginner Vinyasa Yoga on the Square in Sugarland, TX
	:30	Yoga Rasa - Labor of Love, Lev. 1, Free for All Yoga w/Gracie & Elle 17226 Mercury #108, Houston, TX
	:30	The Yoga Institute Houston - Int./Adv Backbends & Inversions 2150 Portsmouth Street, Houston, TX
10:30 AM	:30	Jewish Community Center - Over 55 Yoga w/Gudren 5601 South Braeswood, Houston, TX
	:30	Joy Yoga Center - Intermediate Vinyasa Flow w/Joy 4500 Washington Avenue, Suite 900 Houston, TX
	:30	Gold's Gym Bear Creek - Beginner Flow 16211 Clay Road Houston, TX
	:30	Gold's Gym Woodlands/Magnolia - BodyFlow -A mix of Yoga, Pilates and Tai Chi. All levels 6210 FM 1488 Magnolia, TX
	:30	The Yoga Institute Clear Lake - Inversions & Arm Balances w/Kelly 18083 Upper Bay Road, Nassau Bay, TX
10:45 AM	:45	City Center Lifetime Fitness Athletic - Hatha Yoga, all levels w/Melissa 815 Town and Country Lane, Houston, TX
11:00 AM	:00	Yoga Rasa - Kick Your Asana - Rockin' Rasa Power Flow w/Tracie 17226 Mercury #108, Houston, TX
11:30 AM	:30	The Yoga Institute Houston - Yoga Basics w/Molly 2150 Portsmouth Street, Houston, TX
11:45 AM	:45	YogaOne - Forrest Inspired Vinyasa Flow 3030 Travis Street, Houston, TX
12:00 PM	:00	The Yoga Institute Clear Lake - Hatha, all levels 18083 Upper Bay Road, Nassau Bay, TX
	:00	Your Body Center - Your Hot Body Yoga 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
1:00 PM	:00	The Yoga Institute Houston - Rock & Roll Yoga Flow w/George 2150 Portsmouth Street, Houston, TX
1:30 PM	:30	The Yoga Institute Clear Lake - Backbends, Hips & Twists w/Raye Lynn 18083 Upper Bay Road, Nassau Bay, TX
2:00 PM	:00	Jennyoga - Shake Your Asana Int/Adv Vinyasa Flow w/Lidieth 3641-C Westheimer Rd., Houston, TX
3:30 PM	:30	Ekam Yoga Center - Beginner Power Yoga, Yoga Cardio Mix 7036-B FM 1960 Rd., East Atascocita, TX
4:30 PM	:30	Ekam Yoga Center - Hula Hoop Basics 7036-B FM 1960 Rd., East Atascocita, TX
	:30	YogaOne - Hot Yoga 3030 Travis Street, Houston, TX
5:00 PM	:00	Jennyoga - Intermediate Vinyasa Flow w/ Blair 3641-C Westheimer Rd., Houston, TX
	:00	Your Body Center - Beginner Yoga 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
5:30 PM	:30	City Center Lifetime Fitness Athletic - Vinyasa Yoga, all levels 815 Town and Country Lane, Houston, TX
	:30	Ekam Yoga Center - Hatha Yoga, The Art of Yoga 7036-B FM 1960 Rd., East Atascocita, TX
6:00 PM	:00	Hare Krishna Temple, Gauranga Hall - Bhakti Yoga w/Advaita & Kalasudha 1320 W. 34th St., Houston, TX
6:15 PM	:15	Nia Moves - Hatha Yoga w/Melanie 3221 Houston Avenue Houston, TX
	:15	Your Body Center - Yin Yoga 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
	:15	Your Body Center - Your Hot Body Yoga 3605 Katy Fwy @ Heights Blvd Houston TX, 77007
6:30 PM	:30	Jennyoga - Beginner Tibetan Yoga w/ Ale 3641-C Westheimer Rd., Houston, TX
	:30	Sundance Yoga - Mixed Level Vinyasa Pearland Location - 2809 Miller Ranch Rd. 77584
	:30	Sundance Yoga - Mixed Level Vinyasa 128 S. Friendswood Dr., Friendswood, TX 77546
7:30 PM	:30	Ekam Yoga Center - Beginner Meditation on the Chakras 7036-B FM 1960 Rd., East Atascocita, TX

