



MASTER SCHEDULE

Welcome to Sankofa Yoga & Wellness Center! This **master schedule** includes our full range of weekly offerings—yoga, meditation, group therapy, and more. We're honored to support your journey. Please note: *Classes may be subject to change. This schedule does not include special programs and workshops. For the most up-to-date daily schedule, visit our live scheduler on the website.*

Monday

8:00 am	<i>Meditation for Awareness & Inner Wisdom</i>	(virtual)
6:00 pm	Yoga for Stress Relief	(virtual & in-studio)
6:00 pm	Sankofa Flow™	(in-studio)
7:15 pm	Island Flow	(in-studio)
7:15 pm	Soft Life & Deep Rest	(in-studio)

Tuesday

8:00 am	<i>Meditation for Lovingkindness (Metta)</i>	(virtual)
9:00 am	Yoga for Everybody	(in-studio)
5:00 pm	Pilates	(in-studio)
6:00 pm	Slow Flow & Sound Bath	(in-studio)
6:15 pm	Unstuck: Flexibility & Mobility™	(in-studio)
7:15 pm	Freedom Flow	(in-studio)

Wednesday

7:00 am	Rise & Shine 45	(virtual)
5:00 pm	Sankofa Flow™	(in-studio)
6:00 pm	Slow Flow for Peace & Relaxation	(in-studio)
6:15 pm	Yoga for Beginners	(in-studio)
8:00 pm	<i>Evening Sound Bath & Sit</i>	(virtual)

Thursday

8:00 am	<i>The Healing Breath: A Mindful Practice</i>	(virtual)
9:00 am	Yoga for Everybody	(in-studio)
5:00 pm	Pilates	(in-studio)
6:00 pm	Deep Stretch & Sound Bath	(in-studio)
6:00 pm	The Family Room: Conversations that Heal	(in-studio)
6:15 pm	Unstuck: Flexibility & Mobility™	(in-studio)
7:15 pm	Therapeutic Hatha Flow	(in-studio)

Friday

7:00 am	Morning Sun Salutations	(virtual)
8:00 am	<i>Meditation for Awareness & Inner Wisdom</i>	(virtual)
6:00 pm	Vibe & Chill	(in-studio)
6:30 pm	<i>The Sound Lounge</i>	(in-studio)

Saturday

9:00 am	<i>Morning Meditation Circle</i>	(virtual & in-studio)
9:00 am	Power Vinyasa Camp 45	(in-studio)
9:45 am	Gentle Yoga	(in-studio)
10:00 am	Yoga Sculpt	(in-studio)
11:00 am	Sankofa Flow™	(in-studio)
11:15 am	Yoga for Nourish & Deep Release	(virtual & in-studio)
12:30	Prenatal Yoga	(virtual & in-studio)

Sunday

9:00 am	Haus of Flow	(in-studio)
10:00 am	Yin-yasa	(in-studio)
11:00 am	Yin Yoga	(virtual & in-studio)
5:00 pm	Slow Flow & Sound Bath	(in-studio)

FINDING YOUR CARE AT SANKOFA

Classes we think you'll love:

At **Sankofa Yoga & Wellness Center**, we believe care is not one-size-fits-all. Some days call for movement and strength. Other days ask for softness, stillness, or connection. Our offerings are designed to meet you where you are—physically, emotionally, and energetically—so you can choose what best supports you in each season of life.

Rather than organizing our offerings by level or intensity alone, we've grouped them into **five care pathways**, each reflecting a different way of tending to the body, mind, and spirit:

- **Build & Flow:** *These classes are energizing and movement-rich, designed to build strength, stamina, and confidence in the body. Expect dynamic sequences that invite you to move with intention, raise your heart rate, and feel powerful—while always honoring your own pace and capacity.*
- **Move & Restore:** *These classes offer steady, feel-good movement that supports mobility, flexibility, and embodied ease. You'll stretch, breathe, and move mindfully—enough to feel open and connected—without pushing past what your body is asking for.*
- **Rest & Reset:** *These classes are an invitation to slow all the way down. With minimal movement and deeply supportive shapes, they focus on calming the nervous system, releasing tension, and creating space for true rest and restoration.*
- **Stillness & Awareness:** *These practices center the breath, mind, and inner landscape. Through meditation, sound, or mindfulness, you'll be guided toward presence and clarity—offering a pause from movement and a return to yourself.*
- **Heal & Connect:** *These offerings provide facilitated spaces for reflection, dialogue, and emotional processing within a supportive community. Through group counseling and guided conversation, you'll explore patterns and lived experiences—creating room for insight, healing, and connection.*

Your **Sankofa membership or class passes** includes access to offerings across all five categories, inviting you to listen inward and choose what your body and nervous system are asking for each day. You're encouraged to move between categories as your needs shift—there is no “right” path, only the one that feels most supportive in the moment.

Below, you'll find a detailed breakdown of each category and the classes within it. We invite you to explore, experiment, and return to what nourishes you most:

Build & Flow

Energizing, strength-building, movement-rich practices

Freedom Flow

A rhythmic, breath-led vinyasa class that builds strength and flexibility while inviting freedom, release, and soulful movement—often accompanied by live djembe drumming.

Haus of Flow

A soulful, free-flowing yoga experience set to deep house music—where rhythm, sweat, and ritual meet for a powerful Sunday reset.



Island Flow

A fast-paced, all-levels vinyasa class set to vibrant Caribbean music, building heat, strength, and flexibility while inviting joyful movement.

Morning Sun Salutations

A short, mindful movement practice using traditional sun salutations to awaken the body, circulate energy, and begin the day with clarity.

Rise & Shine 45

An all-levels morning flow using sun salutations, twists, breathwork, and intention-setting to energize the body and clear the mind.

Mat Pilates 45

A core-focused strengthening class that builds stability, length, and control while engaging the arms and legs through intentional movement.

Yoga Sculpt 45

A high-energy fusion of yoga and strength training using hand weights to create a full-body workout that leaves you feeling strong and uplifted.

Power Vinyasa Camp 45

A strong, sweat-inducing vinyasa class designed to build stamina, balance, and confidence through dynamic sequences and focused challenge.

Sankofa Flow: The Sequence™

Our signature, strength-based 60-minute class practiced in a consistent sequence to support steady growth and progress. With no music, this focused flow emphasizes strong standing postures, balance, and controlled movement—building resilience, clarity, and confidence over time.

Move & Restore

Steady, feel-good movement for mobility, flexibility, and ease

Slow Flow for Peace & Relaxation

A gentle vinyasa practice blending mindful movement, deep stretching, breathwork, and meditation to help you unwind and reset.

Therapeutic Hatha Flow

An alignment-focused, prop-supported class that meets you where you are, supporting strength, flexibility, and embodied healing.

Unstuck: Flexibility & Mobility™

Our signature, repeatable 45-minute practice designed to increase mobility, flexibility, and functional strength through intentional, breath-led movement.



Vibe + Chill

A Friday evening flow combining vinyasa and deep stretches, set to a soulful playlist to help you release the week and ease into the weekend.

Yin-yasa

A balanced class blending heat-building vinyasa with yin-inspired postures, offering both strength and deep release.

Yoga for Everybody

A welcoming, foundational class covering basic postures, breathwork, and alignment—appropriate for beginners and seasoned practitioners alike.

Yoga for Stress Relief

A calming class focused on soothing the nervous system through gentle movement, breathwork, and yoga nidra for deep rest.

Gentle Yoga

A slow, accessible practice designed to relieve stiffness, improve mobility, and support easeful movement without strain.

Prenatal Yoga

A supportive practice for expectant parents that nurtures the changing body, prepares for birth, and builds community through shared experience.

Rest & Reset

Deeply supportive practices for nervous system regulation and rest

Deep Stretch & Sound Bath

A slow, nourishing class combining deep stretching and gentle flow, followed by sound healing to release tension and restore the body.

Nourish & Deep Release

A prop-supported class offering long, nourishing stretches and restorative poses to support healing, flexibility, and deep rest.

Yin Yoga

A quiet, grounding practice with long-held poses that target connective tissue, promote joint health, and invite stillness.

Soft Life & Deep Rest

A restorative yoga practice emphasizing stillness, long holds, and full support—designed to help you rest deeply and feel held.



Stillness & Awareness

Practices centered on breath, mindfulness, sound, and inner listening

Sound Bath & Sit

A meditative experience combining breath awareness and immersive sound healing to support deep rest and nervous system regulation.

The Sound Lounge (Sound Bath)

A sound bath meditation using resonant instruments to calm the mind, release tension, and invite profound relaxation.

Healing Breath: Mindful Practice

A gentle, breath-centered practice designed to restore balance, calm the mind, and support emotional regulation.

Meditation for Awareness & Inner Wisdom

A guided mindfulness practice using breath and awareness to cultivate presence, clarity, and connection to inner knowing.

Morning Meditation

A reflective practice blending guided meditation and intentional journaling, ideal for grounding the mind and starting the day with focus.

Meditation for Lovingkindness (Metta)

A heart-centered meditation practice focused on cultivating compassion, kindness, and grace toward self and others.



Heal & Connect

Facilitated group counseling and therapeutic spaces for reflection, conversation, and emotional healing.



The Family Room: Conversations That Heal

A facilitated group counseling space for exploring family dynamics, relational patterns, and emotional healing in a supportive community setting.