



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

7:00 am	Morning Sun Salutations	(virtual)
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 TM	(in-studio)
6:30 pm	Island Flow	(in-studio)
7:15 pm	Restorative Yoga Nidra	(virtual & in-studio)

Tuesday

8:00 am	<i>Meditation for Lovingkindness (Metta)</i>	(virtual)
9:00 am	Yoga for Everybody	(in-studio)
12:00 pm	<i>Midday Meditation</i>	(virtual)
5:00 pm	Pilates	(in-studio)
6:00 pm	Deep Stretch & Sound Bath	(in-studio)
6:00 pm	Sacred Space: <i>Conversations That Heal</i>	(in-studio)
6:15 pm	Unstuck: Mobility & Strength TM	(in-studio)
7:15 pm	Freedom Flow	(in-studio)

Wednesday

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

Thursday

8:00 am	The Healing Breath: A Mindful Practice	(virtual)
9:00 am	Yoga for Everybody	(in-studio)
12:00 pm	<i>Midday Meditation</i>	(virtual)
5:00 pm	Pilates	(in-studio)
6:00 pm	Deep Stretch & Sound Bath	(in-studio)
6:00 pm	Sacred Space: <i>The Family Room</i>	(in-studio)
6:15 pm	Unstuck: Mobility & Strength™	(in-studio)
7:15 pm	Freedom 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	Strength & Conditioning	(virtual & in-studio)

Saturday

9:00 am	<i>The Inner Voice: Journaling & Meditation Circle</i>	(virtual & in-studio)
9:00 am	Power Yoga 45	(in-studio)
10:00 am	Chakra Flow	(in-studio)
10:00 am	Yoga Sculpt	(in-studio)
11:00 am	Sankofa Flow™	(in-studio)
11:15 am	Yoga for Deep Release	(virtual & in-studio)
12:30	Prenatal Yoga	(virtual & in-studio)

Sunday

10:00 am	<i>Meditation & Spiritual Teachings</i>	(virtual)
10:00 am	Pilates	(in-studio)
10:30 am	Sankofa Flow™	(in-studio)
11:00 am	Yin Yoga	(virtual & in-studio)
5:00 pm	Slow Flow & Sound Bath	(in-studio)