



Your Guide to Sankofa

Find Your Care. Build Your Practice.

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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>Morning Meditation</i>	(virtual)
9:00 am	Sankofa Flow™	(in-studio)
5:00 pm	Yoga Sculpt	(in-studio)
6:00 pm	Slow Flow	(virtual & in-studio)
6:00 pm	Sankofa Flow™	(in-studio)
6:30 pm	The Weight I Carry (Group Therapy)	(in-studio)
7:15 pm	Vinyasa Flow	(in-studio)
8:00 pm	<i>Evening Meditation</i>	(virtual)

Tuesday

8:00 am	<i>Morning Meditation</i>	(virtual)
9:00 am	Yoga for Everybody	(in-studio)
5:00 pm	Mat Pilates	(in-studio)
6:00 pm	Slow Flow & Sound Bath	(in-studio)
6:00 pm	Prenatal & Postnatal Yoga & Support	(in-studio)
6:15 pm	Sankofa Stretch™	(in-studio)
7:15 pm	Vinyasa Flow	(in-studio)

Wednesday

7:30 am	Yoga Sculpt 45	(virtual)
9:00 am	Sankofa Flow	(in-studio)
12:00 pm	Yoga for Everybody	(in-studio)
5:00 pm	Sankofa Flow™	(in-studio)
6:00 pm	Slow Flow	(in-studio)

6:15 pm	Yoga for Beginners	(in-studio)
6:30 pm	New Student Orientation	(virtual)
7:15 pm	Power Yoga 45	(in-studio)
8:00 pm	<i>Evening Sound Bath & Sit</i>	(virtual)

Thursday

8:00 am	<i>Morning Breathwork</i>	(virtual)
9:00 am	Yoga for Everybody	(in-studio)
5:00 pm	Mat Pilates	(in-studio)
6:00 pm	Slow Flow & Sound Bath	(in-studio)
6:00 pm	Healing Family Patterns (Group Therapy)	(in-studio)
6:00 pm	Prenatal Yoga	(virtual)
6:15 pm	Sankofa Stretch™	(in-studio)
7:15 pm	Therapeutic Hatha Flow	(in-studio)

Friday

7:00 am	Morning Sun Salutations	(virtual)
8:00 am	<i>Morning Meditation</i>	(virtual)
12:00 pm	<i>Midday Meditation</i>	(virtual)
6:00 pm	Vibe & Chill	(in-studio)
6:30 pm	<i>Evening Sound Bath & Sit</i>	(in-studio)

Saturday

8:30 am	<i>Morning Meditation</i>	(virtual)
9:00 am	Power Yoga 45	(in-studio)
10:00 am	Yoga for Everybody	(in-studio)
10:00 am	Yoga Sculpt 45	(in-studio)
11:00 am	Sankofa Flow™	(in-studio)
11:15 am	Yoga for Nourish & Deep Release	(virtual & in-studio)
12:30 pm	Prenatal Yoga & Mother's Circle	(in-studio)

Sunday

9:00 am	Vinyasa Flow	(in-studio)
10:00 am	Yin-yasa	(in-studio)
11:00 am	Yin Yoga	(virtual & in-studio)
3:00 pm	Prenatal & Postnatal Yoga	(virtual & in-studio)
5:00 pm	Slow Flow & Sound Bath	(in-studio)
7:00 PM	Evening Meditation & Restorative Yoga	(virtual)



STYLES OF YOGA AT SANKOFA

Yoga includes many styles, each shaped by different traditions, intentions, and ways of practicing—from movement and strength to stillness and rest. At Sankofa, we honor this diversity by offering a **variety of styles** designed to meet you where you are. While each class and teacher is unique, our styles help guide you toward the type of practice that best supports your needs.

Vinyasa Flow

A breath-led yoga class where you move continuously from one pose to the next. Expect a balanced practice that builds strength, flexibility, and helps you stay present.

Slow Flow

A slower-paced yoga class that gives you time to move with intention and ease. Great for beginners or anyone looking to stretch, breathe, and slow things down.

Accessible Yoga

A welcoming class for all ages, bodies, and abilities —centers accessibility—offering supportive pacing, props, and multiple options so everyone can move, flow, and feel at home. *Exp: Yoga for Everybody, Yoga for Beginners*

Set Sequence Yoga

A repeatable class with the same sequence each time, designed to help you build consistency, track progress, and grow in your practice. Great for those who value structure, consistency, and seeing their progress over time.

Exp: Sankofa Flow™ & Sankofa Stretch™

Specialty Yoga

A curated offering of unique styles that appear throughout the schedule to support your body in different ways. *Exp: Yin Yoga, Therapeutic Hatha, Restorative Yoga*

Power Yoga

A more athletic, active, strength-building class designed to get you moving and feeling strong. Expect a challenge, but always with space to move at your own pace.

Mat Pilates

A core-focused class that strengthens your abs, improves posture, and supports overall body stability. Movements are controlled and accessible for all levels.

Yoga Sculpt

A full-body, strength-focused class that combines yoga with light weights and intentional movement. Designed to help you build strength, feel empowered, and move at your own pace.

Prenatal Yoga

A gentle, supportive class for those who are pregnant. Focused on breath, movement, and connection to your body, with practices to ease discomfort and prepare for birth.

Meditation

A guided practice designed to help you slow down, turn inward, and restore. Classes may include meditation, breathwork, and/or sound healing, all supporting nervous system regulation, clarity, and deep rest.



FINDING YOUR CARE AT SANKOFA

Classes we think you'll love:

CLASS DESCRIPTIONS

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.*
- **Meditation:** *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.*
- **Group Therapy:** *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.*

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

Vinyasa Flow

A breath-led flow that builds strength, flexibility, and presence. Each class offers a unique rhythm and energy, inviting you to move, release, and connect through music and movement.

- **Sunday**– A deep house-inspired flow where rhythm, sweat, and ritual meet.
- **Monday** – A vibrant, music-driven flow set to Caribbean beats, building heat and joy.
- **Tuesday** – A soulful, rhythmic flow inviting release and expressive 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.

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 Yoga 45

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

Sankofa Flow™

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

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

Slow Flow & Sound Bath

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

Therapeutic Hatha Flow

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



Sankofa Stretch™

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.

Yoga for Everybody

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

Yoga for Beginners

Looking for a place to begin? Our 5-week course introduces the 3 P's—*Postures, Pranayama, and Philosophy*—helping you learn yoga in your body with guidance, care, and intention. Each class is designed to build confidence, support safe movement, and create a strong, lasting foundation. *Workshop-based. See New Student Journey for next availability.*

Rest & Reset

Deeply supportive practices for nervous system regulation and rest

Slow Flow & 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.

Evening Sound Bath & Sit

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

Evening Meditation & Restorative Yoga

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



Meditation

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

Morning Meditation

A guided practice to begin your day with clarity, presence, and intention. Each session offers a slightly different focus while supporting awareness, calm, and connection to self.

- **Monday** – Awareness & Inner Wisdom
- **Tuesday** – Loving-Kindness (cultivating compassion and care)
- **Friday** – Awareness & Inner Wisdom
- **Saturday** – Mindful Meditation

Morning Breathwork

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

Midday Meditation

A guided pause in the middle of your day to reset and refocus. Through meditation and breathwork, this practice helps you clear the mind, restore energy, and return with greater clarity and ease.

Evening Meditation

A guided practice designed to help you unwind and transition into rest. Rooted in deep relaxation and often including Yoga Nidra, this class supports nervous system reset, release, and restoration at the end of your day.

Evening Sound Bath & Sit

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



Prenatal & Postpartum Yoga

The Sankofa Maternal Wellness Initiative offers prenatal yoga, postpartum yoga, and emotional wellness support for pregnant and postpartum individuals—rooted in community, care, and connection.

Prenatal & Postpartum Yoga + The Mother’s Circle

A weekly practice combining prenatal and postpartum yoga with guided reflection, centered on themes of maternal wellbeing. Saturdays include the Mother’s Circle, a therapist-supported space for connection, reflection, and community.

Gentle Prenatal & Postpartum Yoga

A calming, in-person yoga class for pregnancy and postpartum, designed to support ease, grounding, and nervous system regulation. Expect gentle movement, breath awareness, and light stretching, with a brief reflection and community check-ins

Gentle Prenatal & Postpartum Yoga

A gentle, guided class designed to support the changing body during pregnancy. From the comfort of home, you’ll move, breathe, and care for your body with intention and ease.



Group Therapy

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



Healing Family Patterns

Led by Dr. LaShaunna Lipscomb, Ph.D., this supportive group therapy session explores how family relationships shape the way we communicate, navigate conflict, and show up in our lives today. Whether you're reflecting on relationships with parents, partners, or your own children, this space offers guided conversation and insight to help you recognize patterns, gain clarity, and begin building healthier ways of relating.

The Weight I Carry

Led by Billie Shabazz, LCSW-C, this supportive group therapy session explores how the weight of ongoing responsibility and pressure shows up in our lives and impacts our overall well-being. Whether you're managing the needs of family, friends, work or navigating the constant external pressures we naturally carry, this space offers guided conversation and insight to help you slow down, find clarity, and set some of that weight down, if only for a moment.