



VIRTUAL SCHEDULE

Welcome to Sankofa Yoga & Wellness Center. This schedule highlights all of our **virtual yoga and meditation offerings** designed to support your well-being from wherever you are. Please note: *Class times are subject to change, and this schedule does not include special programs or workshops. For the most current daily schedule, please 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)
7:15 pm	Restorative Yoga Nidra	(virtual & in-studio)

Tuesday

8:00 am	<i>Meditation for Lovingkindness (Metta)</i>	(virtual)
12:00 pm	<i>Midday Meditation</i>	(virtual)

Wednesday

7:00 am	Rise & Shine 45	(virtual)
8:00 pm	<i>Evening Sound Bath Meditation & Sit</i>	(virtual)

Thursday

8:00 am	The Healing Breath: A Mindful Practice	(virtual)
12:00 pm	<i>Midday Meditation</i>	(virtual)

Friday

7:00 am	Morning Sun Salutations	(virtual)
8:00 am	<i>Meditation for Awareness & Inner Wisdom</i>	(virtual)
6:30 pm	Strength & Conditioning	(virtual & in-studio)

Saturday

9:00 am	<i>The Inner Voice: Journaling & Meditation Circle</i>	(virtual & 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)
11:00 am	Yin Yoga	(virtual & in-studio)