

For The Beginner To The Devotee

Tuesdays & Thursdays ~ 9:05-10:35 ~ Yang Yoga

Fridays ~ 9:05-10:50 ~ Warrior Yoga

Tuesdays & Thursdays ~ 11-12 ~ Yin Yoga

Wednesday Evenings ~ 5:45-7:15 ~ Yang Yoga

Friday Evenings ~ 4:30-5:30 ~ Youth Yoga

Saturdays ~ 9:30-10:40 ~ Yin/Yang Yoga ~ Live Music

Beginning February 14th:

Mondays & Fridays ~ 7am ~ Yin/Yang Yoga

Sundays ~ 5pm ~ Restorative

Prenatal Series (Fridays): 2/26, 3/5, 3/12, 3/19 ~ 11:15am

Ask About Upcoming Workshops and Retreats



White Lotus Yoga at Cho's Academy
1966 S. Coast Hwy. ~ 949-281-7517 ~ chosacademy.com

