

# Rising Lotus Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00 am		6:00-7:00 am			
	Sunrise Power Flow <i>with Raminta</i>		Ashtanga Inspired Morning Flow <i>with Raminta</i>			
8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	7:30-8:45 am (75)	
Vinyasa Core Flow <i>with Connie</i>	Guided Vinyasa Flow <i>with Nicole</i>	Hatha Vinyasa Unity Flow <i>with Connie</i>	Guided Vinyasa Flow <i>with Raminta</i>	Vinyasa Core Flow <i>with Allison</i>	Mindful Hatha Yoga & Meditation <i>with starlite</i>	
9:30-10:45 am (75)	9:30-10:30 am	9:30-10:45 am (75)	9:30-10:45 am (75)	9:30-11:00 am (90)	9:00-10:00 am	9:00-10:15 am (75)
Inner Alchemy Hatha Flow <i>with Emile</i>	Light Body Activation <i>with Gina</i>	Inner Alchemy Hatha Flow <i>with Emile</i>	Mindful Hatha Yoga & Meditation <i>with starlite</i>	Kundalini Bliss with Sound Healing <i>with Emile</i>	Moving Meditation Vinyasa Flow <i>with Jenni</i>	Easy Like Sunday Mornin' Flow <i>with starlite</i>
					10:30-11:30 am	10:30-11:30 am
					Yin & Yang Balance Yoga <i>with starlite</i>	Rhythmic Power Flow <i>with Hannah</i>
12:00-1:00 pm		12:00-1:00 pm		12:00-1:00 pm		
Chair Yoga <i>with starlite</i>		Chair Yoga <i>with starlite</i>		Restorative Yoga with Essential Oils <i>with Diane</i>		
4:30-5:45 pm (75)	4:30-5:30 pm	4:30-5:30 pm	4:30-5:45 pm (75)	4:30-5:30 pm		4:30- 5:30 pm
Ground & Restore Flow with Sound Healing <i>with Emile</i>	Yin & Yang Balance Yoga <i>with starlite</i>	Yin & Yang Balance Yoga <i>with Connie</i>	Ground & Restore Flow with Sound Healing <i>with Emile</i>	Moving Meditation Hatha Flow <i>with Jenni</i>		Stretch & Surrender Yin Yoga <i>with starlite</i>
6:00-7:00 pm	6:00-7:00 pm	6:00-7:00 pm	6:00-7:00 pm			
Rhythmic Power Flow <i>with Kelly</i>	Guided Vinyasa Flow <i>with Connie</i>	Restorative Yoga with Essential Oils <i>with Diane</i>	Hatha Vinyasa Unity Flow <i>with Anna</i>			
7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm			
Moving Meditation Hatha Flow <i>with Amanda</i>	Yoga Nidra for Healing & Deep Rest <i>with starlite</i>	Harmony Hatha Yoga <i>with Diane</i>	Stretch & Surrender Yin Yoga <i>with starlite</i>			

Schedule Subject To Change.  
Late Cancel/No-Show Fee May Apply.

Faster Pace
Energy Body
Relaxing Meditative
Slow Deep Stretch
Moderate Pace
Hybrid

Register for Classes:  
[www.RisingLotusHealingCenter.com](http://www.RisingLotusHealingCenter.com)  
 Find Us On The MindBody App  
 Call 708-559-5644  
 14911 Bell Rd, Homer Glen, IL 60491

