

## IYK® SCHEDULE 2021

| SUNDAY                                  | MONDAY                            | TUESDAY                                   | THURSDAY                           | SATURDAY                                  |
|---|-----------------------------------|---|------------------------------------|---|
|   |                                   | Adult Yoga<br>9:30 (60m)<br>Outdoors      | Adult Yoga<br>9:30 (60m)<br>Online |   |
| Family Yoga<br>10:30 (30m)<br>Online    |                                   | Baby + Toddler<br>11:00 (40m)<br>Outdoors |                                    | Family Yoga<br>10:30 (30m)<br>Outdoors    |
| Teen Yoga<br>11:30 (40m)<br>Online      |                                   |   |                                    | Teen Yoga<br>11:30 (40m)<br>Outdoors      |
| Baby + Toddler<br>12:15 (40m)<br>Online |                                   |   |                                    | Baby + Toddler<br>12:15 (40m)<br>Outdoors |
|   | Kids Yoga<br>4:00 (30m)<br>Online |   | Kids Yoga<br>4:00 (30m)<br>Online  |   |
|   | Teen Yoga<br>4:45 (40m)<br>Online |   | Teen Yoga<br>4:45 (40m)<br>Online  |   |

**IYK® Family+ Pass** - Unlimited for \$99/mo\*  
Outdoors + Live Online + On Demand

Outdoor classes are in or near the Presidio compliant with the SF Health Order including stable groups of 12 students with masks and physical distancing.

Locations and online access provided in your confirmation email.

\*3-month minimum - special circumstances allowed

## CLASS DESCRIPTIONS

### IYK® Family Yoga

It's Healthy Fun! Families (all ages) persist with patience and parallel play to breathe, move and relax together with proven mindfulness, movement and meditation practices. 30 minutes.

Online - Sunday 10:30  
Outdoors - Saturday 10:30

### IYK® Baby + Toddler Yoga

Connect in Community! New beginnings inspire new ways of being. Develop and grow together with movement, melodies and massage to deepen the bond with your newborn to 18-month-old. 40 minutes.

Online - Sunday 12:15  
Outdoors - Tuesday 11:00 + Saturday 12:15

### IYK® Kids Yoga

Wiggles and Giggles! PreK and primary schoolers (ages 3 -10) develop healthy habits, playfully and productively with positive physical, social and emotional regulation skills to be their best! 30 minutes.

Online - Monday + Thursday 4:00  
Outdoors - Saturday 10:30

### IYK® Teen Yoga

Stretch out and Chill out! Middle school and high school students (ages 11-18) manage their changing bodies and brains to balance the pressures of academics, athletics, arts and social demands for successful futures. 40 minutes.

Online - Monday + Thursday 4:45  
Outdoors - Saturday 11:30

### IYK® Adult Yoga

Time for YOU! Adults strengthen and stretch to balance the demands of parenthood and to feel more calm and connected. 60 minutes.

Online - Thursday 9:30  
Outdoors - Tuesday 9:30

