BeeYou Yoga & Wellness

February 2020 Schedule

3 Middlebury Blvd
Randolph, NJ 07869
In Aspen Business Park
enter through rock climbing
& come upstairs

973.775.9577

Please see BeeYou.com for full class descriptions
All yoga & meditation classes are donation based.

Monday

9.30-10.30am	Yoga for Anxiety with shellyQ
12.15-12.45pm	Lunch Time Guided Meditation with shellyQ
1:00-2:00pm	Chair Yoga with shellyQ
5-5.45pm	#ChillerBees Kids Yoga with Accalia
6.00-7:00pm	Yoga for Stress with shellyQ
7:30-8:30pm	Yoga for Fitness - BUTI Yoga #sweatwithintention

Tuesday

10-11am	Honey Restore & Reiki with Alissa
5-6pm	Yoga for fitness - Yoga Shred fusion with shellyQ
6.15-7.15pm	Yoga Nidra the yoga of deep rest with shellyQ
7.30-8:30pm	Open Level Vinyasa Flow with shellyQ

Wednesday

9.30-10.30am	Yoga for Stress with shellyQ
11-11.45am	#ChillerBees Bumblebess Kids Yoga ages 2-4
5-5.50pm	#ChillerBees Kids Yoga with Accalia
6.00-7.15pm	Yoga for Wellness with shellyQ
7.30pm	Meditation - Meditation & Philosophy

Thursday

9.30-10.30am	Yoga for Wellness with shellyQ
4:30-5:30pm	Gentle Flow with Colette
5.45-6.45pm	Yoga for Fitness - BUTI yoga #sweatwithintention
7-8.15pm	RPM flow with Karen = Reflect + Play + Meditate

Friday

12-1pm	Lunch Time Yoga Nidra the yoga of deep rest with shellyQ
6-7pm	Gentle Vinyasa flow with Nalini
7.30-9:00pm	Y12SR Yoga for Recovery - 45min gentle yoga + 12 step meeting

Saturday

9.30-10.45am	Yoga for Strength with Joel
11am-12pm	Honey Restore & Reiki with shellyQ

Time to book a massage

Sunday

9.30-10.45am	Yoga for Athletes active stretching & restore with shellyQ
11am-12pm	Open Level Vinyasa Flow with Catherine
4-5pm	Yoga for Beginners with shellyQ
5.15-6.15pm	Meditation with shellyQ

Beginner Friendly - Meditation Classes - Flow Yoga Classes - #ChillerBees Kids Classes - Fitness Fusion Classes