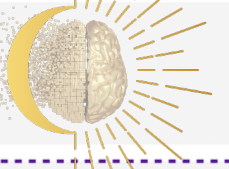




2026 | Yoga, Dance & Health Class Schedule

Body Mind Soul Professor Vera Quijano | BS, MS, MPA, RYT, TBI

∞ Pre-registration encouraged via convenient mobile app ∞

	Monday	Wednesday	Thursday	some Fridays	some Saturdays
5:45 pm - 6:40 pm	SUN & MOON SALUTATION YOGA	CORE STRENGTH & BALANCE YOGA		DEEP STRETCH wine down YOGA 9/18 • 10/2 • 10/16 • 11/6	
6:45 pm - 7:40 pm	TAP DANCE ALL LEVELS	SALSA DANCE BEGINNER	SALSA DANCE INTERMEDIATE ~ taught by Kyle & Amy	LATIN DANCE BASIC STEPS Social & Potluck • BACHATA 9/18 • MERENGUE 10/2 • SALSA 10/16 • CHA CHA 11/6 VeraQuijano.com/ networking	CHAKRA HEALTH WORKSHOP 10:30 am - 12:30 pm • SPIRITUAL 9/19 • MENTAL 10/3 • PHYSICAL 10/17 • EMOTIONAL 11/7 VeraQuijano.com/health
	7:40 - 8:00 pm Self-Practice	7:40 - 8:00 pm Self-Practice	7:40 - 8:00 pm Self-Practice	7:40 - 9:00 pm Self-Practice & Social	off site: 1:30 - 3:30 PM TAROT BYTES

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Class Descriptions: VeraQuijano.com | Practice Videos: [YouTube.com/@VeraQuijano](https://www.youtube.com/@VeraQuijano)