

SCHEDULE OF CLASSES



ROOT TO RISE



DAY OF FLOW:

9:00 - 9:20am
Introduction & Grounding

10:15-11:00am
Connection & Community
Light Bites
Self Guided Garden Exploration

9:20-10:15am

Still Soul Yoga | Grounding Meditation

Community Yoga | Be Here Now

Charleston Power Yoga |
Sun Salutation CI

Mission Yoga | Wind Down

9:20-10:15am
Family Friendly Classes:
Empowered Minds
OMie Homies Kids Yoga

11:30am
Refuel Brunch at Workshop:
Tell them you're with
Green Heart and
15% of your total
will be donated!

[RSVP for Root to Rise Here](#)

DONATION-BASED CLASSES* LEADING UP TO THE EVENT:

2/21: CHARLESTON POWER YOGA - HP YOGA, 4-5PM

2/23: MISSION YOGA - YOGA HOUR, 11AM-12PM

2/24: YOLOHA YOGA - HP YOGA, 9:30-10:30AM

3/7: F45 - HIIT, 11AM-12PM

3/14: EXEMPLAR FITNESS - HIIT, 9-10AM

3/21: HY LO - YOGA & BARRE ON THE BEACH, 7:30-9AM

**Sign up on studio websites, & more classes coming soon!*

