THRYVE YOGA

HATHA ASANA- BUILDING HEAT
HATHA/VINYASA- IGNITING POWER
GENTLE ASANA- CALMING
PRANAYAMA- 45 MIN BREATH & JOURNAL
CHAIR

November 2026



WEEKLY FLOW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 7AM BREATH 8AM HATHA 9AM CHAIR	2 HATHA 5AM HATHA 8AM 5PM GENTLE	3 5AM BREATH HATHA 6AM HATHA 9AM	4 HATHA 5AM HATHA 8AM VINYASA 12PM EVENING FLOW 7PM	5 5AM BREATH HATHA 6AM HATHA 8AM	6 HATHA 5AM HATHA 8AM	7 6AM BREATH HATHA 7AM INTRO 10AM
8 7AM BREATH 8AM HATHA 9AM CHAIR	9 HATHA 5AM HATHA 8AM 5PM GENTLE	10 5AM BREATH HATHA 6AM HATHA 9AM	11 HATHA 5AM HATHA 8AM VINYASA 12PM EVENING FLOW 7PM	12 5AM BREATH HATHA 6AM HATHA 8AM	13 HATHA 5AM HATHA 8AM	14 6AM BREATH HATHA 7AM INTRO 10AM GENTLE 4PM
15 7AM BREATH 8AM HATHA 9AM CHAIR	16 HATHA 5AM HATHA 8AM 5PM GENTLE	17 5AM BREATH HATHA 6AM HATHA 9AM	18 HATHA 5AM HATHA 8AM VINYASA 12PM EVENING FLOW 7PM	19 5AM BREATH HATHA 6AM HATHA 8AM	20 HATHA 5AM HATHA 8AM	21 6AM BREATH HATHA 7AM INTRO 10AM GENTLE 4PM
22 7AM BREATH 8AM HATHA 9AM CHAIR	23 HATHA 5AM HATHA 11AM 5PM GENTLE	24 5AM BREATH HATHA 6AM HATHA 9AM	25 HATHA 5AM HATHA 8AM VINYASA 12PM EVENING FLOW 7PM	26 HAPPY Thanksgiving	27 HATHA 5AM HATHA 8AM	28 6AM BREATH HATHA 7AM INTRO 10AM GENTLE 4PM
29 7AM BREATH 8AM HATHA 9AM CHAIR	30 HATHA 5AM HATHA 8AM 5PM GENTLE					

MORE INFO AT: WWW.THRYVEYOGA.COM
CALL OR TEXT: 518-282-2543

BOOK IN ADVANCE
SAVE A SPACE FOR YOUR MAT

3734 STATE HIGHWAY 30
AMSTERDAM NY, 12010