



Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule May 2021

S	M	T	W	T	F	S
<b>10–11am</b> Power/Yin IN-STUDIO & VIRTUAL	<b>9–10am</b> Slow & Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL  <b>12–1pm</b> Hatha Flow IN-STUDIO & VIRTUAL  <b>5:30–6:30pm</b> Flow IN-STUDIO & VIRTUAL  <b>7–8pm</b> Slow & Flow IN-STUDIO & VIRTUAL	<b>9:15–10:30am</b> Flow IN-STUDIO & VIRTUAL  <b>5:30–6:30pm</b> Hot Hatha IN-STUDIO & VIRTUAL  <b>7–8pm</b> Warm Slow & Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL  <b>6–7pm</b> Slow & Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL  <b>6–7pm</b> Flow & Relax IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL  <b>10:30–11:30am</b> Power Yin IN-STUDIO & VIRTUAL  <b>May 8TH</b> <b>6:30–7:30pm</b> <b>REST &amp; DIGEST</b> <b>SOUND BATH</b> with Jenny Stafford IN-STUDIO

**New Yogi Special**  
**\$25 for 3 Classes**

Online registration only.

Masks are required for entering and moving about the studio.

For everyone's safety, class sizes are limited to 10 people.

Please bring your own mat.

We have mats & props for sale at a discounted price if needed.