



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule October 2020

S	M	T	W	T	F	S
10–11am Power/Yin IN-STUDIO & VIRTUAL	9–10am Slow & Flow IN-STUDIO & VIRTUAL 12–1pm Mobility Flow IN-STUDIO & VIRTUAL <i>*mask required in class</i> 6–7pm Power Flow IN-STUDIO & VIRTUAL	10–11:15am Flow IN-STUDIO & VIRTUAL 5:30–6:30pm Flow IN-STUDIO & VIRTUAL	9:15–10:30am Flow IN-STUDIO & VIRTUAL 12–1pm Express Flow IN-STUDIO & VIRTUAL 5:30–6:30pm Hot Hatha IN-STUDIO & VIRTUAL 7–8pm Slow & Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 5:30–6:30pm Flow IN-STUDIO & VIRTUAL	8:30–9:30am Flow IN-STUDIO & VIRTUAL 7–8pm Flow & Relax IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL 10:30–11:30am Mobility Yoga IN-STUDIO & VIRTUAL <i>*mask required in class</i> October 17th 6:00–8pm Alien Abduction Drag Yoga with Bak Lava 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.