



Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule March 2021

S	M	T	\$5 WEDNESDAY	T	F	S
10–11am Power/Yin IN-STUDIO & VIRTUAL	9–10am Slow & Flow IN-STUDIO & VIRTUAL	10–11:15am Flow IN-STUDIO & VIRTUAL	9:15–10:30am Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9–10am Flow IN-STUDIO & VIRTUAL	9–10am Hatha Flow IN-STUDIO & VIRTUAL
MARCH 28TH 2:00–4:00pm Yin & Nidra with Scott Temples IN-STUDIO	6–7pm Power Flow IN-STUDIO & VIRTUAL	12–1pm Hatha Flow IN-STUDIO & VIRTUAL	5:30–6:30pm Hot Hatha IN-STUDIO & VIRTUAL	6–7pm Slow & Flow IN-STUDIO & VIRTUAL	6–7pm Flow & Relax IN-STUDIO & VIRTUAL	10:30–11:30am Power Yin IN-STUDIO & VIRTUAL
		5:30–6:30pm Flow IN-STUDIO & VIRTUAL	7–8pm Warm Slow & Flow IN-STUDIO & VIRTUAL			
		7–8pm Slow & Flow IN-STUDIO & VIRTUAL				

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.