

Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule March 2024

S	м	т	W	т	F	S
9–10am	<b>6:30–7:30am*</b> Flow	<b>7:00-8:00am*</b> Flow	<b>6:30–7:30am</b> * Flow	<b>7:00-8:00am*</b> Flow	<b>6:30–7:30am</b> * Flow	<b>8:30–9:30am</b> Flow
Slow Flow 10:30–11:30am	<b>9–10am</b> Slow Flow	<b>9–10am</b> Flow	<b>9:00–10am</b> Flow	<b>9–10am</b> Flow	<b>9–10am</b> Flow	<b>10–11am</b> Slow Flow
Flow <b>12–1pm*</b> Donation Flow	<b>12–1pm</b> Flow	<b>10:30–11:30am</b> Slow Flow	<b>12–1pm</b> Flow/Yin	<b>10:30–11:30am</b> Slow Flow	<b>12–1pm</b> Flow	<b>11:30–12:30pm</b> Flow/Restore
March 10th 5:00-6:30pm Sound Bath Meditation	<b>6–7pm</b> Flow	<b>5:30-6:30pm</b> Flow	<b>5:30–6:30pm</b> Flow	<b>5:30–6:30pm</b> Flow	<b>5–6pm</b> Flow/Restore	Workshops & Events
March 24th 6:00–7:30pm Deep Stretch & Deep Rest	<b>7:30–8:30pm</b> Yin	<b>7–8pm</b> Slow Flow/Yin	<b>7–8pm</b> Slow Flow	<b>7–8pm</b> Yin		March - June 1:00–6:00pm Teacher Training for Modern Yoga

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\*In-Studio only

**IOS APP** 





Online registration only.

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