

Strength, comfort & yoga for all.

In-Studio & Virtual Class Schedule March 2024

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

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