

# July Schedule

## MONDAY

Gentle 9:00 am  
Stretch + Flow 6:15 pm

## FRIDAY

Gentle Yoga 9:00 am  
Vinyasa Flow 11:00am

## TUESDAY

Yin + Restore 6:15 pm

## SATURDAY

Hatha Yoga 9:00 am

## WEDNESDAY

Stretch + Flow 10:00 am  
Slow Flow 6:15 pm

## SUNDAY

Aroma Restorative\* 4:30 pm  
*\*July 3 - 17*  
Breathe to Release\* 4:30 pm  
*\*July 24 - Aug 14*

## THURSDAY

Slow Flow 9:30 am



## Events

- 7/1 Fri. at 6:15pm Candlelight Flow + Restore  
7/4 Mon. at 9:30am Fireworks Flow - all levels (evening cancelled)  
7/12 Tues. at 6:15pm Full Moon Yin, Restore, + Sound Bath  
7/24 - 8/14 Sundays 4:30pm Breathe to Release (pranayama class)  
7/27 Wed. at 6:15pm New Moon Slow Flow + Sound Bath

◦ **Intro Offer** ◦

New Student Intro Offer -- Unlimited 30-days, \$69

◦ **New to yoga?** ◦

Try Aroma Restorative, Gentle, Slow Flow, or Hatha to begin. For more information and descriptions of classes, visit our website.

◦ **Stay up to date** ◦

Download our *Bhavana Yoga App* onto your phone to pre-register for classes, stay current with our live schedule, and studio announcements!

***Reminder!***

Pre-registration is required as class sizes are still at a limited capacity.

Studio door locks at the start of class time, we do not hold the door for late arrivals and the class will be lost from your pass.



◦ **Class Packs** ◦

- 20 Class Pack: \$200
- 10 Class Pack: \$140
- 5 Class Pack: \$80
- Single Class: \$18

**[www.bhavanayogastudio.com](http://www.bhavanayogastudio.com)**

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