

# November Schedule

## MONDAY

Qi Yoga Flow 9:00 am  
Stretch + Flow 6:15 pm

## TUESDAY

Gentle Yoga 9:30 am  
Yin + Restore 6:15 pm

## WEDNESDAY

Stretch + Flow 8:00 am  
Yin + Massage 9:30 am  
Slow Flow 6:15 pm

## THURSDAY

Slow Flow 9:30 am  
Heated Yin 6:15 pm

## FRIDAY


Gentle Yoga 9:00 am  
Friday Fun Flow 10:30 am

## SATURDAY

Hatha Yoga 9:00 am  
Breath Meditation + Sound Bath 4:30 pm

## SUNDAY

Morning Flow 8:30 am  
Aroma Restorative 4:30 pm



*See events +  
pop-up  
classes on  
the back!*

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

941-359-9642 | [contact@bhavanayogastudio.com](mailto:contact@bhavanayogastudio.com)

6378 North Lockwood Ridge Rd., Sarasota, FL 34243

## Events

11/11 Fri at 6:15pm      \$25 Chakra Balancing + Sound Bath Session

## Pop-Ups + Moon Classes

11/3 Thu 11-11:45am      Baby + Me: Donation Based Class  
11/4 Fri at 6:15pm      Candlelight Flow + Restore  
11/7 Mon at 6:15pm      Full Moon/Lunar Eclipse S+F and Sound Bath  
11/17 Thu at 11-11:45      Baby + Me: Donation Based Class  
11/18 Fri at 6:15pm      3rd Friday Yoga Nidra ("yogic sleep")  
11/23 Wed at 6:15pm      Super New Moon Slow Flow + Sound Bath

## Holiday Classes

*11/25 + 11/26 Regular Classes Held*

11/24 Thur at 9:30am      Gratitude Flow (No evening classes)\*  
11/25 Fri at 3:00 pm      Black Friday Wind Down Stretch + Restore  
11/26 Sat at 1:00 pm      Afternoon Recharge Aroma Flow

