

APRIL

Schedule

Monday

9:00a Qi Yoga Flow
10:15a Flow Basics
6:15p Ashtanga Vinyasa



Tuesday

7:45a Slow Flow
9:00a Gentle Yoga
5:00p Flow + Strong Bones
6:15p Yin + Restore

Wednesday

9:00a Stretch + Flow
10:15a Roll + Release
6:15p Mindful Vinyasa

Thursday

8:00a Flow + Strong Bones
9:30a Slow Flow

Friday

9:00a Gentle Yoga
10:30a Mindful Vinyasa

Saturday

9:00a Hatha
11:00a Flow + Strong Bones

Sunday

8:30a Morning Flow
4:30p Varies
*4:30pm Sunday varies between Restorative
Yoga + Immersive Sound Baths -- Refer to
your app for exact offering*

Look out for weekend and afternoon pop-up classes on your app!



BHAVANA YOGA STUDIO

SPECIAL EVENTS

10% off automatically applied for Unlimited Members

April 14-19th BHAVANA's BIRTHDAY WEEK!

CELEBRATE ALL WEEK LONG: We're turning EIGHT!

Saturday April 5, 2025 11:00-1:00pm

BUILD BONE + STRENGTH, EFFECTIVELY + SAFELY: Breaking down proper alignment and muscle engagement with Wendy. Discussion, personalized adjustments, and more. 2-hrs // \$50

POP-UP CLASSES

Included in all Intro + Regular Passes, and Memberships

Sun. 4/6 at 4:30pm

Immersive Sound Journey with Regina

Fri. 4/11 at 6:15pm

Dance Your Yoga with Wendy

Sat. 4/12 at 4:30pm

Aroma Restorative + Massage with Britt C.

Sun. 4/13 at 9:45am

Full Moon Yin + Sound Bath with Britt + Regina

Fri. 4/18 at 6:15pm

3rd Friday Yoga Nidra with Betsy

Mon. 4/28 at 6:15pm

New Moon Ashtanga Vinyasa + Sound Bath with Britt W.