

# JUNE

## Schedule

### Monday

- 9:00 Qi Yoga Flow
- 10:15\* Foundations
- 6:15 Stretch + Flow
- 7:30 Aroma Restorative

### Tuesday

- 8:00 Slow Flow
- 9:30 Gentle Yoga
- 5:00 Flow + Strong Bones
- 6:15 Yin + Restore

### Wednesday

- 8:00 Stretch + Flow
- 9:30 Yin + Massage
- 6:15\* Mindful Vinyasa

### Thursday

- 8:00 Flow + Strong Bones
- 9:30 Slow Flow
- 12:00 Chair Yoga
- 6:15 Heated Yin

### Friday

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

### Saturday

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

### Sunday

- 8:30 Morning Flow

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



\* indicates a 75-min class



BHAVANA YOGA STUDIO

# SPECIAL EVENTS

*10% off automatically applied for Unlimited Members*

Saturday June 8, 2024 at 1:00-2:30pm + 3:00-4:30pm

SMALL GROUP SOUND HEALING: Integral Sound Healing // \$50  
Limited to 4 students, working with sound on and off your body

Saturday June 15, 2024 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

Saturday June 22, 2024 2:00-4:00pm

SUMMER SOLSTICE FULL MOON FLOW + RESTORE  
Honor your inner fire while rebalancing energies with Christine. A special 2-hour slow flow + restorative practice // \$30.00

Sunday June 23, 2024 10:00-12:00pm

108 SUN SALUTATIONS FOR SUMMER SOLSTICE // \$30.00  
All levels welcome for 108 Sun Salutations. We'll start with seated Sun Salutations and work our way up to standing traditional sequence. Modify, take breaks, have fun!

## POP-UP CLASSES

*Included in all Intro + Regular Passes, and Memberships*

Thurs 6/6 at 6:15pm

New Moon Heated Yin + Sound Bath

Fri 6/21 at 6:15pm

Summer Solstice Yoga Nidra

Sun 6/30 at 4:30pm

Immersive Sound Healing Journey