

October 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 9:30 am
Gentle Yoga 4:30 pm
Slow Flow 6:15 pm

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

Aroma Restorative 4:30 pm



Events

- 10/8 Sat. at 4:30pm Full Moon: Breath, Meditation, + Sound Bath
10/23 Sun at 11-12:30 \$25 Chakra Balancing + Sound Bath Immersion
10/25 Tues at 6:15pm New Moon Yin, Restore, + Sound Bath