

# November Schedule

## MONDAY

Qi Yoga Flow	9:00 am
Foundations Yoga	10:30 am
Chair Yoga	12:00 pm
Stretch + Flow	6:15 pm
Aroma Restorative	7:30 pm

## TUESDAY

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

## WEDNESDAY

Stretch + Flow	8:00 am
Yin + Massage	9:30 am
Gentle Yoga	4:30 pm
Candlelight Flow	6:15 pm
Candlelight Yin	7:30 pm

## THURSDAY

Strong Bones + Flow	8:00 am
Slow Flow	9:30 am
Chair Yoga	12:00 pm
Warm Flow	6:15 pm
Heated Yin	7:30 pm

## FRIDAY

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

## SATURDAY

Hatha Yoga	9:00 am
------------	---------

## SUNDAY

Morning Flow	8:30 am
Breath Circle + Sound Bath	4:30 pm

*\*no breathwork on 11/26*

[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

*Unlimited Auto Members receive 10% off all workshops, events, and series!*

- 11/11 Sat 3:30-5:30 Activate Your Sacral + Solar Plexus Chakra with Restorative Yoga (2-hour event) // \$40
- 11/19 Sun 11-1 pm Arm Balances Workshop with Britt W + Kerri 2-hour event // \$60



## Pop-Up Classes

- 11/13 Mon at 6:15pm New Moon Stretch, Flow, + Sound Bath
- 11/17 Fri at 6:15pm Yoga Nidra + Sound Bath (yogic sleep)
- 11/18 Sat at 3:30pm Aroma Restorative + Meditation
- 11/23 Thurs at 9:30am Gratitude Flow (no PM classes)
- 11/28 Tues at 6:15pm Full Moon Yin, Restore, + Sound Bath