

# September 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

## FRIDAY

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

## SATURDAY

Hatha Yoga 9:00 am

## SUNDAY

Aroma Restorative 4:30 pm



## Events

- 9/10 Sat. at 4:30pm Breathe in the New Moon  
(pranayama + sound bath)
- 9/16 Fri. at 6:15pm Yoga Nidra + Sound Bath
- 9/18 Sun. 4-6pm \$35 Fall Equinox: Flow, Restore, + Sound Bath
- 9/25 Sun. at 4:30pm Full Moon Aroma Restorative Sound Bath

◦ **Intro Offer** ◦

New Student Intro Offer -- Unlimited 30-days, \$69

◦ **New to yoga?** ◦

Try Aroma Restorative, Gentle, Slow Flow, or Hatha to begin. For more information and descriptions of classes, visit our website.

◦ **Stay up to date** ◦

Download our *Bhavana Yoga App* onto your phone to pre-register for classes, stay current with our live schedule, and studio announcements!

***Reminder!***

Pre-registration is required as class sizes are still at a limited capacity.

Studio door locks at the start of class time, we do not hold the door for late arrivals and the class will be lost from your pass.



◦ **Class Packs** ◦

- 20 Class Pack: \$200
- 10 Class Pack: \$140
- 5 Class Pack: \$80
- Single Class: \$18

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

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