

May Schedule

MONDAY

Slow Flow 9:00 am
Stretch + Flow 6:15 pm

TUESDAY

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

WEDNESDAY

Stretch + Flow 10:00 am
Slow Flow 6:15 pm

THURSDAY

Slow Flow 9:30 am

FRIDAY

Gentle Yoga 9:00 am
Vinyasa* 12:00pm
Limited offering, May 20-June 24th

SATURDAY

Hatha Yoga 9:00 am

SUNDAY

Aroma Restorative 4:30 pm



Events

5/1 Sun. at 9:00am	1st Sunday Funday Flow
5/6 Fri. at 6:15pm	Candlelight Flow + Restore
5/8 Sun. at 4:00pm	Mudras, Meditation, + Restore
5/16 Mon. at 6:15pm	Full Moon Stretch, Flow, + Sound Bath
5/20-6/24 at 12:00pm	Friday Afternoon Limited offering
5/29 Sun. at 4:30pm	New Moon Restorative Sound Bath

◦ **Intro Offer** ◦

8 classes for \$65, 1 month expiration

◦ **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 exclusive announcements!

Reminder!

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

Masks are not required when students/teachers are not on their mats. Please refrain from attending if sick.

◦ **Class Packs** ◦

20 Class Pack: \$200

10 Class Pack: \$140

5 Class Pack: \$80

Single Class: \$18

www.bhavanayogastudio.com

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