

BHAVANA YOGA



Schedule

Monday

9:00a Qi Yoga Flow
10:15a Flow Basics
6:15p Ashtanga Vinyasa



Tuesday

7:45a Slow Flow
9:00a Gentle Yoga
5:00p Flow + Strong Bones
6:15p Yin + Restore

Wednesday

9:00a Stretch + Flow
10:15a Roll + Release
6:15p Mindful Vinyasa

Thursday

8:00a Flow + Strong Bones
9:30a Slow Flow

Friday

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

Saturday

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

Sunday

8:30a Morning Flow
4:30p Varies
*4:30pm Sunday varies between Restorative
Yoga + Immersive Sound Baths -- Refer to
your app for exact offering*

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



BHAVANA YOGA STUDIO

SPECIAL EVENTS

Discounts automatically applied for Unlimited Members

Fri. 10/17 at 5-6:15pm + Sun. 10/26 at 10-11:15am

MINDFUL STRENGTH CIRCUITS: 45-min of mindfully led physical strength exercises in small groups and sealed with 30-min of myofascial release using massage balls to alleviate tension and enhance recovery. // \$10-25* discounts for Membership holders

Saturday October 18, 2025 3:00-5:30pm

ROOTED SOLES // STRENGTH, STABILITY, + SELF-CARE
FOR YOUR FEET w/ Britt C (2.5 hour workshop for \$75.00)
Explore the vital role your feet play in overall health, balance, and movement. Anatomy education, strengthening, mobility + stretch, myofascial release, + more! PLUS, you'll get a brand new Roller Tool!

OCTOBER POP-UPS

Included in all Intro + Regular Passes, and Memberships

Tues. 10/7 at 6:15pm Full Moon Yin, Restore, + Sound Bath

Wed. 10/8 + 10/22 at 5:00pm Flow Basics with Britt C.

Sun. 10/12 at 4:30pm Aroma Restorative with Britt C.

Sun. 10/19 at 4:30pm New Moon Immersive Sound Journey with Regina

Fri. 10/24 at 6:15pm Yoga Nidra with Betsy