

# February 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 8:00 am  
Yin + Massage 9:30 am  
Slow Flow 6:15 pm

## THURSDAY

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

## FRIDAY

Gentle Yoga 9:00 am  
Friday Fun Flow 10:30 am

## SATURDAY

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

*\*\*no breathwork class on 2/18*

## SUNDAY

Morning Flow 8:30 am

*See events +  
pop-up  
classes on  
the back!*

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

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## Events

2/5 Sun 11-12:30pm \$25 Full Moon Chakra Balancing + Soundbath

2/12 - 2/26 Sundays Nourish Series \$120/series or \$50/class

2/18 Sat 4-7:15pm \$30 Mini Crystal Healing 1-on-1 Sessions Pop Up with Adeline's Mystic Earth (see flyer)



## Pop-Up Classes

2/6 Sat at 6:15pm Full Moon Stretch, Flow, + Sound Bath

2/21 Tues at 6:15pm New Moon Yin, Restore, + Sound Bath

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## Pricing Options

**\$120/month** Unlimited Membership

**\$ 68/month** Mini Membership (4 classes)

**\$195** 10 Classes (1 year expiration)

**\$22** Single Class (30 day expiration)

