

FEBRUARY

Schedule

Monday

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

Tuesday

- 8:00 Slow Flow
- 9:30 Gentle Yoga
- 5:00 Flow + Strong Bones
- 6:15 Yin + Restore

Wednesday

- 8:00 Stretch + Flow
- 9:30 Yin + Massage
- 4:30 Gentle Yoga ^
^sound healing on 2/28
- 6:15* Mindful Vinyasa

Thursday

- 8:00 Flow + Strong Bones
- 9:30 Slow Flow
- 12:00 Chair Yoga
- 6:15 Heated Yin
- 7:30 Meditation + Sound
Healing

Friday

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

Saturday

- 9:00 Hatha
- 3:30 Pop-Up Classes
(style varies)

Sunday

- 8:30 Morning Flow
- 3:30* Breathwork Circle
+ Sound Bath ^
^no class on 2/18

*indicates a 75-min class





BHAVANA YOGA STUDIO

SPECIAL EVENTS

10% off automatically applied for Unlimited Members

Sunday February 4, 2024 11:00-12:15pm

HEART CENTERED JOURNEY: Crystal Body Layout // 75-min, \$40
Heart centered body gridding with crystals + sound healing

Saturday February 10, 2024 2:00-4:00pm

WILL YOU BE MY (YOGA) VALENTINE // 2-hrs, \$25
Experience a fun partner yoga workshop

Saturday February 17, 2024 3:00-5:00pm

RESTORATIVE YOGA FOR CROWN CHAKRA // 2-hrs, \$40
Explore the chakras through restorative postures, oils, and more.

Saturday February 24, 2024 12-4pm

CRYSTAL SHOP POP-UP SHOP + BIOMAT SESSIONS
Shop crystals, cleansing tools, kits, room sprays, jewelry + more!
Also offering 20-min BioMat sessions. Great for rest + pain!

POP-UP CLASSES

Included in all Intro + Regular Passes, and Memberships

Fri. 2/9 at 6:15pm

New Moon Candlelight Flow

Fri. 2/16 at 6:15pm

3rd Friday Yoga Nidra (“yogic sleep”)

Sun. 2/25 at 3:30pm

Full Moon Breathwork Circle + Sound Bath

Wed. 2/28 at 4:30pm

Immersive Sound Journey with Regina