

September Schedule

MONDAY

Qi Yoga Flow	9:00 am
Foundations Yoga	10:30 am
Stretch + Flow	6:15 pm
Aroma Restorative	7:30 pm

TUESDAY

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

WEDNESDAY

Stretch + Flow	8:00 am
Yin + Massage	9:30 am
Candlelight Flow	6:15 pm
Mobility Flow + Meditation	7:30 pm

THURSDAY

Slow Flow	9:30 am
Chair Yoga	12:00 pm
Heated Flow	6:15 pm
Heated Yin	7:30 pm

FRIDAY

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

NEW CLASS

SATURDAY

Hatha Yoga	9:00 am
Pop-Up Class	3:30 pm

**Check dates on back*

SUNDAY

Morning Flow	8:30 am
Breath Circle + Sound Bath	4:30 pm

www.bhavanayogastudio.com

941-359-9642 | contact@bhavanayogastudio.com

6378 North Lockwood Ridge Rd., Sarasota, FL 34243



Events

Unlimited Auto Members receive 10% off all workshops, events, and series!

9/1 Fri 6:15-7:15pm 2-hour Full Moon Gentle, Restorative, + Sound Bath (includes hands-on massage + gift)

9/17 Sun 11-1pm \$60 Inversions Workshop

10/14 Sat 3:30-5pm 1st class of our 6-week Restorative Chakra Series with Michelle!
\$200 for entire series // \$40 for a single class



Pop-Up Classes



9/4 Mon at 9:00 am Labor Day Flow (all other classes cancelled)
9/9 Sat at 3:30 pm Aroma Restorative + Massage
9/14 Thurs at 6:15 pm New Moon Heated Flow + Sound Bath
9/14 Thurs at 7:30 pm New Moon Heated Yin + Sound Bath
9/15 Fri at 6:15 pm Yoga Nidra + Sound Bath ("Yogic Sleep")
9/16 Sat at 3:30 pm Aroma Restorative Yoga + Meditation
9/23 Sat at 3:30 pm Aroma Restorative Yoga + Meditation

contact@bhavanayogastudio.com