

WEEKLY YOGA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Vinyasa 8:00 AM		Vinyasa 8:00 AM		Kriya Yoga 8:00 AM	Flexibility & Flow 8:00 AM
Vinyasa 9:00 AM	Core Strength 10:00 AM	Vinyasa 9:00 AM	Core Strength 10:00 AM	Hatha Yoga 9:00 AM	Vinyasa 10:00 AM	Renew & Restore 10:00 AM
Restorative Yoga and Sound Healing 5:00 PM		Yin Yoga 5:00 PM		Yin Yoga 5:00 PM		Yin Yoga Nidra 5:00 PM

VINYASA:

A dynamic flow that syncs breath and movement creating fluidity in the mind and body.

RENEW & RESTORE:

A restorative meditative practice of gentle deep stretches targeting the deep connective tissues of the body.

HATHA YOGA:

A traditional mindful flow to bring one into balance and connection with one's self.

KRIYA YOGA:

A dynamic blend of breath work, mantra and kundalini kriya to balance the nervous system

FLEXIBILITY & FLOW:

Improve your range of motion with a fiery flow to deepen your flexibility.

YIN YOGA:

Slow paced style of yoga where postures are held for longer periods of time.

YIN YOGA NIDRA:

Deep releasing stretches and guided meditation to prepare for a deep relaxing sleep

DROP IN CLASS - \$ 20 EACH*

PRIVATE CLASSES - \$ 70 FOR 2 PEOPLE

\$ 15 PER PERSON AFTER INITIAL \$ 70 FEE

*IF YOU ARE AN OWNER OR FULL-TIME RESIDENT, ASK ABOUT OUR 10-CLASS PACKAGE ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

