

WEEKLY YOGA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Core Strength 8:00 AM		Core Strength 8:00 AM		Kriya Yoga 8:00 AM	Flexibility & Flow 8:00 AM
Hatha Yoga 9:00 AM		Flexibility & Flow 9:00 AM		Hatha Yoga 9:00 AM	Vinyasa Yoga 10:00 AM	Renew & Restore 10:00 AM
Sunset Yin Yoga 5:30 PM		Sunset Yin Yoga 5:30 PM		Sunset Yin Yoga 5:30 PM		

HATHA YOGA

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

YIN YOGA

A slow-paced style of yoga where postures are held for longer periods of time.

FLEXIBILITY & FLOW

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

KRIYA YOGA

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

VINYASA YOGA

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.

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.

