

MARCH 2019

MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

Mondays

9:15 - 10:15 am

Yin Yoga

Stacey

6:00 - 7:00 pm

Closed Group: Yoga 101

Arnold

Tuesdays

9:30 - 10:30 am

Vinyasa Flow

Ryan

6:00 - 7:00 pm

Gentle Yoga

Suzy

Wednesdays

9:15 - 10:15 am

Vinyasa Warm Flow

80°

Megan

6:00 - 7:00 pm

Vinyasa Flow

Tee

Thursdays

9:30 - 10:30 am

Vinyasa Flow

Megan

6:00 - 7:00 pm

Gentle Yoga

Suzy

Fridays

9:15 - 10:15 am

Vinyasa Warm Flow

80°

Stacey

Saturdays

9:00 - 10:00 am

Gentle Yoga

Ryan

10:15 - 11:15 am

Vinyasa Flow

Trey

Sundays

10:15 - 11:15 am

Vinyasa Flow

Trey

4:00 - 5:00 pm

Meditative Restorative

Krista or Shukie

WORKSHOP

Great Yoga Wall with Suzy Macron
Sunday, **March 31st**, 1:00-2:30pm, \$35

Yoga Class Pricing

Drop-In: **\$15**

10-Class Pack: **\$125** (\$12.50 each)

20-Class Pack: **\$225** (\$11.25 each)

1-Month Unlimited: **\$90** or **\$79** w/4-month min

First-Month Unlimited: **\$45** (new students)

INTERESTED IN OUR GREAT YOGA WALL?

Gentle Yoga classes use our Great Yoga Wall the most

When Gentle Yoga classes run at seven or fewer students, we typically incorporate our Yoga Wall. This is an amazing way to delve more deeply into therapeutic poses with less pain.

Benefits include: reduced weight on joints such as wrists; greater body awareness; longer times in a posture improves balance and builds core; mobilization of particularly restricted areas such as tight shoulders, hips or hamstrings; inversions for restoration and rejuvenation.