

SEPTEMBER 2019

TRY OUR UNIQUE YOGA WALL

Mondays

9:15 - 10:15 am	Yin Yoga	Stacey
6:00 - 7:00 pm	Vinyasa Flow	Avita

Tuesdays

9:30 - 10:30 am	Vinyasa Flow	Ryan
6:00 - 7:00 pm	Gentle Yoga	Suzy

Wednesdays

9:15 - 10:15 am	Vinyasa Flow	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 Flow	Stacey
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Saturdays

9:00 - 10:00 am	Slow Flow	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	Avita

Reservations strongly suggested! Classes can fill – max capacity is 14.
Or be cancelled – two student minimum (or class is canceled one hour before start)

WORKSHOPS

Feldenkrais Method with Dr. Ed Feldman
Sunday, **September 22nd**, 1:00-2:30pm, \$35

Journey of Sound with Reinaldo Luis Mendez
Sunday, **October 20th**, 12:30-2:00pm, \$44

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 in our Club)
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.