



October Schedule

October Events

Monday

9:30 to 11 am – Begin with Basics with Tracy
6 to 7:15 pm – Aroma Flow Yoga with Melissa
7:30 to 8:45 pm – Gentle Yoga with Michelle

Tuesday

9:30 to 10:30 am -Yin Yoga with Danielle
6 to 7:15 pm – Begin with Basics with Lynn
7:30 to 9 pm – Gentle Yoga with Lynn

Wednesday

9:30 to 10:30 am – All Levels Yoga with Maria
6 to 7:15 pm – All Levels Yoga with Lynn

Thursday

9:30 to 10:30 am – All Levels with Danielle
6 to 7:15 pm – Good to the Core Yoga with Robyn
7:30 to 8:45 – Restorative Yoga with Toula

Friday

9:30 to 10:30 am – All Levels Yoga with Lynn
6 to 7 pm – Happy Hour Yoga with Danielle

Saturday

10:15 to 11:30 am – All Levels Yoga with Lynn

Sunday

9:30 to 10:45 am – All Levels Yoga with Melissa
6 to 7:15 pm – Gentle Yoga with Anita

*Jivamukti with Beth 10/7, 11:30

*Second Saturday Special

\$5 Yoga 10/13 4pm

*Yoga Nidra, Wed. 10/10, 7:30

*Crystal Bowls, Wed, 10/17, 7:30

*Double Happy Hour Fri. 10/19

Class Pricing

Drop In Class \$14 (12)

5 Class Card **\$65** (55)

10 Class Card **\$120** (100)

30 Day class card **\$120** (100)

One hour class \$10

(Senior 62+ and student rates, available with valid ID)

5 and 10 class cards are valid for 6 months

New Student Special
30 days unlimited classes \$40

Yoga on Demand

Private lessons for you or your group, pick your time...

Private Hour \$ 60

Semi Private (3-4) \$70