

~ December 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MEMBERSHIP PRICES 3 month UNLIMITED WALK-IN - \$172.50 <i>(You SAVE on 7 or more classes a month!) PLUS 10% discount!</i></p> <p>6 month UNLIMITED WALK-IN - \$285.00 <i>(You SAVE on 6 or more classes a month!) PLUS 15% discount!</i></p>				1	2	3 9a Hatha
4	5 5:15p Vinyasa Flow	6 4:30p Hatha 6:15p Vinyasa Mix	7 6:15p CORE Yoga	8 4:30p Hatha	9	10 9a Hatha
11	12 5:15p Restorative	13 4:30p Hatha 6:15p Vinyasa Mix	14 6:15p CORE Yoga	15 4:30p Hatha	16	17 9a Hatha
18	19 5:15p Vinyasa Flow	20 4:30p Hatha 6:15p Vinyasa Mix	21 6:15p CORE Yoga 6:30p Winter Solstice 108: Wine & Treats	22 4:30p Hatha	23	24 9a Hatha
25	26 5:15p Restorative	27 4:30p Hatha 6:15p Vinyasa Mix	28 6:15p CORE Yoga	29 4:30p Hatha	30	24 9a Hatha

WALK-IN'S WELCOME

Hatha

Our most popular class! Join us for a 60-70 minute class designed to be beginner friendly but allowing for pose and level options that even the most advanced student will benefit from. Great for flexibility, strength, Core and relaxation all in one!

CORE Yoga

Thirty minute Yoga with the ball, large or small, your choice! Then thirty minute Yoga on the mat. Feel it in your CORE and in your balance. Beginner Friendly.

Vinyasa Flow

Vinyasa movements are smoothly flowing and faster paced, which explains why it is sometimes referred to as Vinyasa Flow. This is a Level 1 or 2 class, some experience required.

Vinyasa Mix

Same great benefits of a Vinyasa Flow class, with some foam roller work on the mat. This is a Level 1 or 2 class, some experience required.

Restorative Yoga

We quiet the mind, release the body and relax into a variety of restorative poses leaving the body renewed, refreshed, restored! Beginner Friendly!

Class Sizes are LIMITED!
First-Come, First-Serve!

Weekly Walk-in Friendly Classes!

Workshops and Special Classes



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