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MONDAY			
8:45 - 10:00 am	Wake Up & Flow	Level 1/2	Jaime
10:15 - 11:30 am	Vinyasa Flow	Level 1/2	Sherry
3:30 - 5:00 pm	Mysore (Ashtanga)	All Levels	Self-led
5:30 - 6:45 pm	Candlelight Soul Flow	All Levels	Noé
7:00 - 8:15 pm ★	Yoga Basics	Basics	Noé
TUESDAY			
7:30 - 8:30 am	"Yoga & Beyond"	Level 1/2	Angie W.
8:45 - 10:00 am	Yoga Basics (SmartFLOW)	Basics	Rachael
10:15 - 11:30 am	Vinyasa Flow	All Levels	Eliza
5:30 - 6:45 pm	Restorative Relax Deeply	All Levels	Angela A.
7:00 - 8:15 pm ★	Yoga Basics	Basics	Angela A.
WEDNESDAY			
8:45 - 10:15 am	Wake Up & Flow	Level 1/2	Noé
10:15 - 11:30 am	Vinyasa Flow	Level 1/2	Sherry
3:30 - 5:00 pm	Mysore (Ashtanga)	All Levels	Self-led
5:30 - 6:45 pm	Vinyasa Flow	Level 1/2	Kelly
7:00 - 8:15 pm ★	Yoga Basics for Stress Relief	Basics	Rachel P.
THURSDAY			
7:30 - 8:30 am	"Yoga & Beyond"	Level 1/2	Angie W.
8:45 - 10:00 am	Wake Up & Flow	Level 1/2	Kim M.
10:15 - 11:30 am	Vinyasa Flow	All Levels	Joshua
5:30 - 6:45 pm	Vinyasa Flow	Level 1/2	Rachel P.
7:00 - 8:15 pm	Yin Yoga	All Levels	Noé
FRIDAY			
8:45 - 10:00 am	Gentle Flow (SmartFLOW)	All Levels	Rachael
10:15 - 11:30 am	Vinyasa Flow	Level 1/2	Joshua
6:00 - 7:15 pm	Live Music Yoga / Flow & Yin	All Levels	Noé
SATURDAY			
8:30 - 9:45 am	Vinyasa Flow (SmartFLOW)	Level 2	Rachael
10:00 - 11:15 am	Yoga Basics	Basics	Amanda
11:30 - 12:45 pm	Vinyasa Flow	Level 1/2	Eliza
1:00 - 2:15 pm ★	Vinyasa Vibes	All Levels	Russell
SUNDAY			
9:00 - 9:50 am	"Log Off" Mindfulness Meditation	All Levels	Jaime
10:00 - 11:15 am	Sunday Soul Yoga	All Levels	Jaime
11:30 - 12:45 pm ★	Zen Zone Yoga	All Levels	Lucrezia
1:00 - 2:15 pm	Vinyasa Flow	Level 1/2	Joshua
2:30 - 3:45 pm	Restorative Relax Deeply	All Levels	Angela A.

★ \$12 Drop-In Classes

CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE

Live Music Yoga!



High spirits, flowing energy, music full of heart.

Tim Catching plays for a Flow & Yin Vinyasa class.

October 2nd, 16th, & 30th

Zoom Membership



We are now offering a Zoom Only membership.

\$49 / Month*

* No Annual Contract

Access to all Live & Recorded Zoom classes only.

*Please check in with front desk for more details and restrictions.

October Special!

\$30 Off

3 Months Unlimited Yoga

Use code "3Month" when purchasing online

Jai Hanuman!

A Journey Into Hanumanasana

A Workshop Led By Jen Knox



Saturday, October 17th
4:30 pm - 6:30 pm

For information and registration, visit our website!

Jaime Peterson leads Creating Freedom Within!

Join us on Saturday, November 14th
4:30 pm - 6:30 pm



For information and registration, visit our website!

The 'Take Back The Night Foundation' brings Shine Your Light Yoga!



This is a *Donation Based* class with all proceeds donated to support trauma and violence survivors.

Saturday, December 12th
10 am - 11:15 am

Restorative Yoga & Sound Bath With Angela & Zen Body Waves



Sunday, October 25th
2:30 pm - 4 pm

PRICING OPTIONS

Single Yoga Classes	
Adult	\$ 18
Child (8-12)	\$ 12
Local Yoga/Fitness Teacher	\$ 14
Live Music Class	\$ 20

Yoga Class Packages	
5 Class Package (3 month exp)	\$85
10 Class Package (3 month exp)	\$160
15 Class Package (6 month exp)	\$225
20 Class Package (6 month exp)	\$280

Meditation Classes	
Single Class	\$ 14
5 Class Package	\$ 60
10 Class Package	\$ 100
3 month exp on Meditation packages	

Unlimited Yoga Packages		
	Monthly Auto-Pay	Paid In Full
1 Month Unlimited	N/A	\$125
3 Month Unlimited	\$109 / month	\$299
6 Month Unlimited	\$99 / month	\$499
1 Year Unlimited	\$89 / month	\$899

Auto-Pay Terms & Conditions	
•	\$39 Enrollment fee applied to first payment
•	All Contracts will Auto-Renew
•	Must cancel 5 days prior to contact expiration to prevent auto-renewal
•	No Refunds/Exchanges
•	Refer to contract for additional terms/conditions