



AUGUST SCHEDULE 2019

MONDAY

10:00 – 11:15 FLOW FUSION
11:30 – 12:30 POSTNATAL YOGA: MINI & ME *NEW
5:45 – 6:45 VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

6:15 – 7:00 SUNRISE YOGA
9:00 – 10:15 GENTLE
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:30 VINYASA II
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY

9:00 – 10:15 SLOW FLOW
10:30 – 11:45 YOGA HOUSE MIX
5:45 – 7:00 RESTORATIVE & YIN BLEND
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
4:00 -5:15 HATHA
5:30 – 6:45 GENTLE
7:00 – 8:15 WEIGHTLESS YOGA (YOGA TRAPEZE)

FRIDAY

9:30 – 10:45 TGIF YOGA
11:00 – 12:15 FLOW FUSION
12:30 – 1:45 GENTLE
5:00 – 6:15 PRENATAL YOGA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 HATHA WITH DEEP BREATHING & MEDITATION

SUNDAY

10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:00 SLOW FLOW
7:00 – 8:15 CANDLELIT RELIEF & RESORATIVE

WORKSHOPS

*Ignite Your Awareness
with Kim
Sunday, August 4th
4:00 – 5:30 pm
\$30*

*Happy, Healthy Vinyasas!
with Monica
Sunday, August 18th
4:30 – 6:30 pm
\$30 (\$5 off before 8/11)*

Coming Soon!

*The Yoga House
Anniversary
Celebration!
FREE Yoga ALL day!
Saturday, September 7th*

*Tech Neck Workshop
September 15th with
Monica*

*Intro to Weightless
September 22nd
with Shalia*