



JUNE SCHEDULE 2019

MONDAY

10:00 – 11:15 FLOW FUSION
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 6/9 & 6/16 -- YOGA ROOTS ON 6/2, 6/23 & 6/30
7:00 – 8:15 CANDLELIT RELIEF & RESORATIVE



*Paddle Board Yoga
with Urban Kai – St. Pete
Saturday, June 1st
10:00am Sold out
12:00pm Space available
\$35 includes class, SUP
and paddle*

WORKSHOPS

*Restorative with Kim &
Sound Bowl Healing with
Reiki Master, Barbara Saber
Sunday, June 9th
4:00 – 5:30 \$25 before 6/2*

*Yoga for a Healthy Back
with Teri
Saturday, June 15th
1:30 – 3:30 pm
\$25 before 6/8, \$30 after*

*Chakra Rebalancing with
Reiki Master, Kelly Sues
Saturday, June 29th
2:00 – 3:15 pm
\$25 before 6/22, \$30 after*

*Yoga Roots
with Poonam Singh
June 2 – Yoga Sutras
June 23 – Root Chakra
June 30 – Sacral Chakra
NO extra cost!
Regular class rates apply.*

COMING IN JULY
*July 14 – Solar Plexus Chakra
July 21 – Heart Chakra
July 28 – Throat Chakra
Yoga 101 Series for beginners
July 14 – Aug. 4
Happy Feet with Monica
July 28*