



## OCTOBER SCHEDULE 2024

### MONDAY

10:00 – 11:15 FLOW FUSION  
11:30 – 12:45 GENTLE  
5:45 – 6:45 VINYASA  
7:00 – 8:15 CORE & RESTORE

### TUESDAY

9:00 – 10:15 POWER YOGA  
10:30 – 11:30 SUPER STRETCH  
4:00 – 5:15 HAPPY HIPS & BACK  
5:30 – 6:30 YOGAJUANA  
7:00 – 8:15 WARM HATHA

### WEDNESDAY

9:00 – 10:15 SLOW FLOW & SOUND  
10:30 – 11:30 WARM FLOW FUSION  
5:45 – 7:00 YOGA FOR STRESS RELIEF  
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

### THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK  
10:30 – 11:45 GENTLE  
5:30 – 6:45 GENTLE  
7:00 – 8:15 WEIGHTLESS AERIAL YOGA

### FRIDAY

9:30 – 10:45 TGIF YOGA  
11:00 – 12:15 SUPER STRETCH  
5:15 – 6:15 VINYASA  
6:30 – 7:30 YOGAJUANA

### SATURDAY

8:30 – 9:30 HOT YOGA  
10:00 – 11:00 WARM YIN YOGA – DEEP STRETCH  
11:15 – 12:45 HATHA & FASCIA YOGA

### SUNDAY

10:00 – 11:15 WARM FLOW FUSION  
12:00 – 1:15 YIN YOGA – DEEP STRETCH  
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE

DOWNLOAD OUR APP TO  
RESERVE  
CLASSES/WORKSHOPS!

iOS



Android



Twice a week!  
Tuesdays and Fridays

## SPECIAL EVENTS

### Master Class with Ariel Modifications & Variations

When: Saturday, October 5<sup>th</sup>  
Time: 1:30 – 3:00 pm  
Cost: \$20

### Yoga Nidra & Sound Healing with Francesca

When: Sunday, October 6<sup>th</sup>  
Time: 4:00 – 5:30 pm  
Cost: \$25

### Channeling Your Chakras with Teri

When: Saturday, Oct. 12<sup>th</sup>  
Time: 1:00 – 5:00 pm  
Cost: \$70 (\$65 early bird)  
\*4 CEUs for RYT's

COMING IN NOVEMBER...

### Community Classes – FREE

Support our new graduates to be!  
When: Saturday, Nov. 2  
Time: 12:45 – Melanie  
2:00 – Dave  
3:15 - Sally  
4:30 – Holly  
5:45 – Marisol

### Shrug Off Shoulder & Neck Pain with Teri

When: Saturday, Nov. 9<sup>th</sup>  
Time: 1:30 – 4:00 pm  
Cost: \$35

### A Yoga Approach for Menopause with LaMor

When: Saturday, Nov. 16<sup>th</sup>  
Time: 1:30 - 4:00 pm  
Cost: \$50 (\$45 before 11/9)  
2.5 YA CEUs

### Weightless Bliss: A Floating Sound Bath with Francesca

When: Saturday, November 30<sup>th</sup>  
Time: 2:00 - 3:15 pm  
-OR-  
3:30 - 4:45 pm  
Cost: \$25  
\*Limited spaces

Lakeside Yoga – FREE  
Thanksgiving Day

