



OCTOBER SCHEDULE 2021

MONDAY

10:00 – 11:15 FLOW FUSION
5:45 – 6:45 YOGA SHRED™ VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

9:00 – 10:15 POWER YOGA
10:30 – 11:30 SUPERSTRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:30 YOGAJUANA
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY

9:00 – 10:15 SONICYIN
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 MORE CORE
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 WEIGHTLESS AERIAL YOGA

SUNDAY

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

Please continue to practice health & safety precautions. Masks are welcomed at the individual's discretion.
- The Yoga House Team



Twice a week!
Tuesdays and Fridays
Products available at:
www.yogajuna.net

SPECIAL EVENTS

Sound Bath Meditation with Diane

When: Sunday, Oct. 17th
Time: 4:30 – 5:30 pm
Cost: Reg. class rates

HOT 26/2 with Sallie

When: Sunday, Oct. 31st
Time: 2:00 – 3:30 pm
Cost: Reg. class rate

Myofascial Self Treatment & Acupressure Mat Therapy Workshop with Diane

When: Sat. Oct. 2nd
Time: 2:00 4:00 pm
Cost: \$65 *one spot left

Yoga for Self-Care with Denise

When: Sat. Oct. 30th
Time: 2:00 – 4:30 pm
Cost: \$25

More info. on our website!



*Please note our Prenatal program is temporarily suspended.