



# WEEKLY YOGA SCHEDULE EVERY FRIDAY

**VINYASA YOGA | 8:30-9:30 AM | \$15**

**JOIN US MONDAY EVENINGS FOR A FEEL-GOOD YOGA FLOW WITH JULIA! THIS BREATH-CENTERED CLASS BLENDS MINDFUL MOVEMENT, ENERGIZING POSES, AND CALMING BREATHWORK TO HELP YOU BUILD STRENGTH, BOOST FLEXIBILITY, AND MELT AWAY STRESS. EXPECT A MIX OF BALANCE, GENTLE INVERSIONS, AND DEEP RELAXATION. ALL LEVELS WELCOME!**

**CLASS PASSES AVAILABLE  
10% OFF 5 CLASS PASS & 20% OFF 10 CLASS PASS  
LESSON PACKAGES ALSO AVAILABLE**



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