



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 am							Strength & Sculpt Yoga
9:30 - 10:45 am		Yoga for Every Body		Yin Yoga		Yoga for Every Body	
11:00 - 12:00 pm			Gentle Yoga		Gentle Yoga		Aerial Yoga
2:00 - 3:30 pm	Restorative Yoga 12/4, 12/18 (Hot Stones)						
5:15 - 6:30 pm		Yoga for Every Body					
5:30 - 6:45 pm	Candlelight Yin Yoga						
6:00 - 7:00 pm			Slow-Mo Flow (\$10)				
6:00 - 7:15 pm					Yin Yoga		
6:30 - 7:15 pm				Sound Therapy 12/14, 12/21, 12/28			
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:45 - 8:00 pm		Vinyasa Flow Yoga					
7:00 - 7:30 pm						Mindfulness Meditation 12/2	

Pre-registration strongly suggested for aerial, restorative, and gong/sound therapy.

Studio will be closed on Sunday, December 25th.



Upcoming Events

Full Moon In-Depth Restorative Yoga and Sound Bath

Wednesday, Dec. 7

7:15 - 8:45 pm

This upcoming Full Moon in December brings you a wonderful and gentle practice that is slow on your body and safe enough for your mind to truly let go! Restorative yoga is a practice of deep relaxation that brings balance into the body. No experience in yoga is needed because it can be done at any age and with any body type. This type of yoga also gently increases flexibility and helps soothe the nervous system by moving the body and mind into a more relaxed/ meditative state. It's ideal for those who tend to feel overwhelmed, tired, stressed out, unable to focus, lack flexibility, or feel anxious.

\$30 per person (15% off for members)

Pre-registration required.

Winter Solstice Celebration with Kerry and David

Monday, Nov. 19

6:00 - 7:30 pm

It's a Winter Solstice Celebration with Kerry and David and their many sound healing (and other) musical instruments! This 1½ hour class will be a sweet restorative practice to warm the body, mind and soul as the longest night draws near and the holiday cheer soon to follow.

This class

- is for everybody from the absolute beginner to the most advanced
- is for anyone who is looking for a way to rest, relax, and renew their spirits
- will be joyful and vibrational
- will deeply rejuvenate your whole body and mind

\$30 per person (15% off for members)

Pre-registration required.

108 Sun Salutations

Sunday, Jan. 1

11:00 - 1:00 pm

Join Beth New Year's Day to set a fresh start for 2023! 108 Sun Salutations are traditionally performed on New Year's Day to help you set intentions for the remainder of the year. Why 108? This practice is linked to the Hindu belief that 108 is a sacred number: there 108 Upanishads (Hindu spiritual texts), 108 names for Hindu deities, 108 sacred points on the body (marma points), and 108 sacred sites in India (pithas), AND...the distance between the sun and the earth is 108 times the sun's diameter. Let your breath and movement help clear your mind and body. Stored tension, emotions, and obstacles will be released as you find your flow and awaken to the new year. You will be guided through a series of 108 Sun Salutations. This is an all-levels class and will offer modifications and options to suit your needs.

\$30 per person (or use your class pass or membership)

Pre-registration suggested.