

August 2020

Workshops & Events

(*Register on-line for all events.
Go to Workshops & Special Event)

Additional workshops coming soon

**Insight Meditation: Online Group Support
Setting the Compass of the Heart
During Times of Change**
With Isabel Fleury
Wednesday, Aug 5th 5:30-7:30pm

Yoga for Lower Back – Online Workshop
With Elise Miller
Sunday, August 23rd, 2-4pm

**200Hr Integral Awakening
Yoga Teacher Training & Advanced Studies**
Begins Oct 2nd

Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>	<u>Level</u>
Monday				
9:30-10:45am	Vinyasa Flow	Live Stream Only	Rebekah Y	All
1:00-2:00pm	Gentle Yoga	Live Stream Only	Chantal	1
5:45-7:00pm	Hatha Yoga	Fairgrounds + Live Stream	Laura	All
Tuesday				
9:30-10:30am	Slow Vinyasa	7D +Live Stream	Marcia	All
5:30-6:30pm	Hatha Yoga	Live Stream Only	Chantal	All
6:00-7:00pm	Hatha Flow	Fairgrounds	Destiny	All
Wednesday				
9:30-10:30am	Yoga Flow	7D + Live Stream	Diane	All
12:00-1:00pm	Hatha Yoga	Fairgrounds	Carrie	All
6:00-7:00pm	Hatha Yoga	Fairgrounds	David	All
Thursday				
9:30-10:45am	Hatha Yoga	7D + Live Stream	Laura	All
5:30-6:30pm	Healthy Flow	Live Stream Only	Bekah C	All
6:00-7:00pm	Gently Restore	Fairgrounds	Leslie	All
Friday				
9:00-10:00am	Hatha Yoga	Live Stream Only	Chantal	All
10:00-11:00am	Hatha Yoga	Fairgrounds	Carrie	All
12:00-1:00pm	Slow Vinyasa	Fairgrounds	Marcia	All
5:00-6:00pm	Gentle Hatha	Live Stream Only	Carrie	All
Saturday				
9:00-10:00am	Power Yoga	Live Stream Only		Diane
2				
Sunday				
9:00-10:00am	Community Yoga	Live Stream (outdoor location pending)	Staff	All
10:30-11:45am	Therapeutic Flow	Live Stream (outdoor location pending)	Laurel	1/2
4:30-6:00pm	Gently Restore	Live Stream Only	Jeannie	All

Due to Health & Safety Concerns, students are required to bring their own mat & props.

We recommend booking classes online due to limited capacity in the studio.

Levels

Beginning: Basics for brand-new students

Level 1: For new students or those seeking a softer practice.

All: Open to all levels – Variations and levels of poses will be offered.

Level 2 –Previous Yoga experience required (1 year minimum practice recommended)

“Life is now. There was never a time when your life was not now, nor will there ever be”.

~ Eckhart Tolle