

# August 2021

## Workshops & Events

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

### Crystal Bowl Sound Bath

With ValiAnna  
Tuesday, August 17th 7:30-8:30pm  
Carmel Studio

### Yoga Teacher Training Info Session

With Laura & Briksha  
Saturday, Aug 21 1:00-2:30pm  
Carmel Studio

### Full Moon Yoga Flow

With Diane O'Hagan  
Saturday, Aug 21 5:30-6:45pm  
Carmel Studio

### Yoga for Scoliosis & Pranayama/Restorative Workshop

With Elise Miller  
Sunday, August 22<sup>nd</sup> 2-4pm  
Studio & Online

### 200Hr Integral Awakening

#### Yoga Teacher Training & Advanced Studies

Begins Saturday, Sept 25 – April 3, 2022

## Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>Monday</b>			
	9:30-10:45am Vinyasa Flow	Studio & Live Stream	Rebekah
	5:30-6:45pm Hatha Yoga	Studio	Laura
<b>Tuesday</b>			
	9:30-10:30am Slow Vinyasa	Studio & Live Stream	Marcia
	11:30-12:45pm Prenatal Yoga	Studio	Danielle
	3:30-4:30pm Chair Yoga	Live Stream	Jeannie
	6:00-7:00pm Hatha Flow	Studio	Destiny
<b>Wednesday</b>			
	9:30-10:45am Yoga Flow	Studio & Live Stream	Diane
	5:30-6:45pm Prenatal Yoga	Studio	Destiny
	7:15-8:30pm Restorative Yoga	Studio & Live Stream	Ashley
<b>Thursday</b>			
	9:30-10:45am Hatha Yoga	Studio & Live Stream	Laura
	4:00-5:00pm Gentle Yoga	Studio	Leslie
	7:00-8:00pm Therapeutic Hatha	Studio & Live Stream	Ashley
<b>Friday</b>			
	8:30-9:30am Power Yoga	Studio	Diane
	10:00-11:00am Therapeutic Hatha	Studio & Live Stream	Ashley
	11:30-12:45pm Postnatal Yoga	Studio	Danielle
<b>Saturday</b>			
	10:00-11:15am Hatha Yoga	Studio	David
<b>Sunday</b>			
	10:00-11:15am Therapeutic Hatha	@ Folktales Winery	Ashley
	4:30-6:00pm Gently Restore	Live Stream	Jeannie

We have reopened our prop room for general use.

Students are welcome to bring their own yoga mat and props.

Yoga mats, blankets, blocks, and straps are also available for purchase.

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

Please check our website to stay current on studio protocols.

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

*~ Eckhart Tolle*