

November 2021

Workshops & Events

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

Crystal Bowl Sound Bath

With ValiAnna

Tuesday, Nov 2nd & Dec 14th 7:30-8:30pm

Carmel Studio

A Journey of Sound & Voice

With Destiny Morley

Saturday, Nov 13th 4:00-6:00pm

Prenatal Yoga

With Destiny Morley

Sunday, Nov 14th & Dec 12th 12:00-1:30pm

Studio

Thanksgiving Day Yoga

With Laura McKinnon

Thursday, 25th 10:00-11:00am

Folktale Winery Vineyard Lawn

Return to Center

Supportive Practices for the Holiday Season

With Laura McKinnon

Saturday, Dec 4th 4:00-6:00pm

Studio & Live Stream

200Hr Integral Awakening

Yoga Teacher Training & Advanced Studies

Begins March 5 – July 10, 2022

Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Monday			
	9:30-10:45am Vinyasa Flow	Studio & Live Stream	Rebekah
	5:30-6:45pm Hatha Yoga	Studio	Laura
Tuesday			
	9:30-10:30am Slow Vinyasa	Studio & Live Stream	Marcia
	12:00-12:50pm Therapeutic Yoga	Studio	Danielle
	6:00-7:00pm Hatha Flow	Studio	Destiny
Wednesday			
	9:30-10:45am Yoga Flow	Studio & Live Stream	Diane
	6:30-7:45pm Restorative Yoga	Studio & Live Stream	Ashley
Thursday			
	9:30-10:45am Hatha Yoga	Studio & Live Stream	Laura
	3:30-4:30pm Chair Yoga	Live Stream	Jeannie
	4:00-5:00pm Gentle Yoga	Studio	Leslie
	5:30-6:30pm Therapeutic Hatha	Studio & Live Stream	Ashley
	<i>**The studio is closed Thanksgiving Day**</i>		
	<i>Join us for Outdoor Yoga @ Folktale Winery</i>		
Friday			
	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
Saturday			
	10:00-11:15am Hatha Yoga	Studio	David
Sunday			
	10:00-11:15am Therapeutic Hatha	@ Folktale Winery	Ashley
	<i>**class held @ studio on 11/14**</i>		
	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