

January 2022

Workshops & Events

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

Crystal Bowl Sound Bath

With ValiAnna

Tuesday, Jan 4th 7:30-8:30pm

4 Week Women's Circle

With Rachel Thompson

Mondays, Jan 24th – Feb 14th, 7:15-8:15pm

Full Moon Women's Self Care Circle

With Stephanie Horning

Friday, Jan 14th 7:00-8:30pm

@ Studio *Register directly with Steph*

Yoga Teacher Training Info Session

With Laura McKinnon & Mahendra Briksha

Sunday, Jan 16th 4:30-5:30pm

Full Moon Women's Gathering

With Ashley Clevenger

Monday, Jan 17th 7:15-8:30pm

Luminous Alchemy

With Paola Fejes

Saturday, Jan 22nd

New Moon Astrology Circle

With Ana Poirier

Thursday, Jan 27th 7:00-8:30pm

@ studio, *Register directly with Ana*

Hip Hip Hooray

A New Year & Winter Workshop Focusing on the Hips

Saturday, Jan 29th 1-3pm

Journey of Sound & Voice

With Destiny Morley

Sunday, Jan 30th 5:00-7:00pm

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 Yoga Flow	Studio	Diane
Tuesday			
	9:30-10:30am Slow Vinyasa	Studio & Live Stream	Marcia
	12:00-12:50pm Therapeutic Yoga	Studio	Danielle
	3:00-4:00pm Chair Yoga	Live Stream	Jeannie
	6:00-7:00pm Hatha Flow	Studio	Destiny
Wednesday			
	6:30-7:30am Bhakti Flow <i>(begins Jan 19th)</i>	Studio	Rachel
	9:30-10:45am Yoga Flow	Studio	Diane
	6:30-7:45pm Restorative Yoga	Studio	Ashley
Thursday			
	9:30-10:45am Hatha Yoga	Studio & Live Stream	Laura
	4:00-5:00pm Gentle Yoga	Studio	Leslie
	5:30-6:30pm Therapeutic Hatha	Studio & Live Stream	Ashley
Friday			
	8:30-9:30am Power Yoga	Studio	Diane
	10:00-11:00am Therapeutic Hatha	Studio	Ashley
	11:30-12:45pm Postnatal Yoga	Studio	Danielle
	5:30-7:00pm Yin Yoga	Studio	Ana
	<i>(offered the 1st & 3rd Friday, begins 1/21)</i>		
Saturday			
	10:00-11:15am Hatha Yoga	Studio	David
Sunday			
	10:00-11:15am Therapeutic Hatha	@ Folktales Winery <i>(this class is held outdoors, please check online for location if moved indoors for poor weather)</i>	Ashley
	12:00-1:30pm Prenatal Yoga	Studio & Live Stream	Destiny
	<i>(offered 1/16 & 1/30 only)</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