

March 2023

Workshops & Events

(*Register on-line: Go to Workshops & Events Page)

Shamanic Healing Drum Circle
With Paola
Saturday, March 4th 6:00-7:30pm

Live Music & Yoga
With Jake & Destiny
Saturday, March 11th 4-6pm

Crystal Bowl Sound Shower
With ValiAnna
Tuesday, Mar 14th 7:30-8:30pm

Guided Womb Journey
With Destiny
Sat, March 18th 2:00-4:30pm

Breathwork, Yoga Nidra, & Healing Meditation
With Briksha
Sat, March 25th 2-5pm

Partner Prenatal Yoga
With Destiny
Sunday, Mar 26th 1:30-3:30pm

**Yoga for the Lower Back:
Scoliosis, Degenerative Disc Issues, Asymmetry, & Other Back Conditions**
With Elise Miller
Sat, April 15th 1-4pm

Finding Balance & Alignment in the Shoulders, Neck & Upper Back
With Elise Miller
Sun, Apr 16th 1-4pm

Weekly Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>	
Monday				
	9:30-10:45am	Vinyasa Flow	Studio	Suzy
	5:30-6:30pm	Yoga Flow	Studio	Irina
	6:45-7:45pm	Yoga Nidra	Studio	Alyssa
Tuesday				
	9:30-10:30am	Slow Vinyasa	Studio	Marcia
	6:00-7:00pm	Hatha Flow	Studio	Destiny
Wednesday				
	9:30-10:45am	Shadow Yoga	Studio	Suzy
	5:30-6:30pm	Restorative Yoga	Studio	Irina
	6:45-8:00pm	Prenatal Yoga	Studio	Destiny
Thursday				
	9:30-10:45am	Hatha Yoga	Studio	Laura
	11:30-12:30pm	Yoga in the Park	Outdoors @ Devendorf Park	Laura
		<i>(3/2, 3/16, & 3/30 free community class)</i>		
	6:00-7:00pm	Flow & Restore	Studio	Rachel
Friday				
	10:00-11:00am	Therapeutic Hatha	Studio	Peter
	4:30-5:30pm	Gentle Yoga	Studio	Suzy
Saturday				
	10:00-11:15am	Hatha Yoga	Studio	David
Sunday				
	9:00-10:00am	Kundalini Yoga	Studio	Paola
	10:00-11:15am	Outdoor Therapeutic Hatha	@ Folktale Winery	Destiny
	4:00-5:30pm	Grief Yoga	Studio	Sunny
		<i>(free community class)</i>		