

September 2023

Workshops & Events

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

16 Year Anniversary Celebration

Beach Yoga & Sound Healing

With Laura McKinnon & ValiAnna

Friday, Sept 8th 6:00-7:15pm

Symphony of Sound

With ValiAnna, Skyye, & Kyralani

Tuesday, Sept 12th 7:30-8:30pm

Introduction to Yoga: Beginning a Path of Wellness

With Laura McKinnon

Monday, Sept 18th & 25th, 6:00-7:30pm

Weekly Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Monday			
9:30-10:45am	Vinyasa Flow	Studio	Suzy
6:00-7:30pm	Intro to Yoga <i>(class series 9/18 & 25)</i>	Studio	Laura
Tuesday			
9:30-10:30am	Hatha Yoga	Studio	Mira
6:00-7:00pm	Hatha Flow	Studio	Bree
Wednesday			
9:30-10:30am	Hatha Flow	Studio	Bree
5:30-6:30pm	Therapeutic Flow	Studio	Rebekah
7:00-8:00pm	Prenatal Yoga	Studio	Destiny
Thursday			
9:30-10:45am	Hatha Yoga	Studio & Live Stream	Laura
11:30-12:30pm	Yoga in the Park <i>(9/14 & 28, free community class)</i>	Outdoors @ Devendorf Park	Laura
6:00-7:00pm	Restorative Yoga	Studio	Mira
Friday			
10:00-11:00am	Therapeutic Hatha	Studio	Laura
Saturday			
10:00-11:30am	Hatha Yoga	Studio	David
Sunday			
10:00-11:15am	Therapeutic Hatha	Outdoor @ Folktale Winery	Destiny