

FALL YOGA

How do you show up in the world?

How do you live when no one is watching?

Explore these questions this Fall in our yoga classes and study the Yoga Sutras as we negotiate this human experience. Choose from 8 weekly classes at the Grand Avenue location starting October 1st.

Weekly Yoga Schedule-starts Oct 1st

Sunday	10am Mixed Level 11:30am Level 1/Gentle Yoga 1:00pm Recovery Yoga
Monday	8:30am Yin/Restorative Yoga 5:45pm Yin/Restorative Yoga
Wednesday	8:30am Mixed Level 5:45pm Mixed Level
Friday	8:30am Mixed Level