

# FALL YOGA STARTS SEPT. 30<sup>th</sup>

Explore the Yin and Yang of life through our physical, energetic, mental, and emotional bodies to move into a place of ease and stability. Effort and surrender. Vibrancy and peace. Choose from 9 weekly classes at the Grand Avenue location,

**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

**\*\*\* NEW CLASS\*\*\***

**Tuesday**     5:45pm Mixed Level

**Wednesday** 8:30am Mixed Level  
                  5:45pm Mixed Level

**Friday**        8:30am Mixed Level