



holiday schedule

december 11 - january 7, 2018

4 week session
closed: sun-mon, 12/24-25 & mon, 1/1

inspiration for transformation

mon	tue	wed	thu	fri	sat	sun
845-10 am yogaworks flow 2 yaco	830-930 am vinyasa flow 1.5 lynne	930-11 am gentle w/ restoratives 1 lynne	830-930 am vinyasa flow 1.5 lynne	9-1015 am yogabuild 1.5 heather c	9-1030 am gentle w/ restoratives 1 hillary	945-1045 am vinyasa flow 1 heather z
9-1015 am yogabuild 1.5 heather c	930-1030 am yogabasics 1 paula	515-615 pm core flow 2 tia	930-1030 am yogaworks flow 1 yaco	930-1030 am yogabarre* 1 heather z	930-1045 am vinyasa flow 1.5 amanda	4-530 pm gentle w/ restoratives 1 amanda <i>12/17, 1/7 only</i>
1015-1115am chair yoga 1 yaco	430-530 pm vinyasa flow 1 paula	6-730 pm iyengar 2 myra	930-1030 am yogabarre* 1 heather z	930-1030 am yogabasics 1 paula	1045-1145 am yogabasics 1 heather c	430-530 pm core flow 2 julie <i>12/17, 1/7 only</i>
515-615 pm core flow 1.5 michael	515-615 pm yogabarre* 1 tia	630-730 pm vinyasa flow 1 michael	5-615 pm yin 1 hillary	515-615 pm core flow 1.5 yaco		
530-7 pm iyengar 1.5 myra	615-730 pm vinyasa flow 1.5 heather c	630-745 pm yin 1 hillary	615-730 pm vinyasa flow 1.5 michael			
6-715 pm yin 1 lynne	630-8 pm prenatal 1 hillary		630-730 pm yogabasics 1 paula			
715-830 pm iyengar 1 myra			630-745 pm kundalini 1 holly			

we offer a variety of
hatha yoga styles.
explore different practices
through our progressive levels.
experience the many benefits of
yoga in your life.

**intelligent
transformative
effective**

* online registration required for yogabarre classes



slow down



integrate



get moving



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fees & policies

memberships

dedicate

monthly per month for 12 months 108

annual 1188

*all memberships are for unlimited classes & also include:
20% discount on events, private lessons & merchandise*

packages

explore

out of town - 1 week unlimited 39

4 classes expires 1 month from start of 1st class 72

unlimited - 1 month (student) with valid id 99

unlimited - 1 month 150

unlimited - 3 month 390

singles

experience

drop-in 20

student (with valid i.d., in-studio only) 10

10% community discount available for drop-in singles & 4-class packages for seniors, cma, k-12 faculty & higher education, & mirus massage members (in-studio only)

all fees are non-refundable; all classes are non-transferable



practice with us

2 weeks of unlimited yoga \$49

introductory offer for local, new students



for more information and to learn more about us

web www.yogarichmond.com

email info@yogarichmond.com

phone 804.359.yoga (9642)

download our app
yoga source-richmond



we're in the heart of carytown