

mon	tue	wed	thu	fri	sat	sun
845-10a yogaworks flow 2 yaco	830-930a vinyasa flow 1.5 lynne	930-11a gentle w/ restoratives 1 lynne	830-930a vinyasa flow 1.5 lynne	9-1015a yogabuild 1.5 heather c	845-10a gentle w/ restoratives 1 hillary	945-1045a vinyasa flow 1 heather z
9-1015a yogabuild 1.5 heather c	930-1030a yogabasics 1 paula	930-11a prenatal 1 suzi <i>starts 1/31</i>	930-1030a yogaworks flow 1 yaco	930-1030a yogabarre* 1 celine	930-1045a vinyasa flow 1.5 amanda	10-1045a kids yoga (8-10 yrs)* <i>starts 1/28 & 2/25</i>
1015-1115a chair yoga 1 yaco	930-1030a yogabarre* 1 heather z	10-1045a itsy bitsy yoga sprouts* <i>starts 1/31 & 2/28</i>	930-1030a yogabarre* 1 heather z	930-1030a yogabasics 1 paula	10-1045a family 1 jennie <i>starts 1/20</i>	11-1145a tweens yoga (11-13 yrs)* <i>starts 1/28 & 2/25</i>
515-615p core flow 1.5 michael	430-530p vinyasa flow 1 paula	11-1145a itsy bitsy yoga seeds* <i>starts 1/31 & 2/28</i>	5-615p yin 1 hillary	515-615p core flow 1.5 yaco	1015-1115a yogabasics 1 heather c	11-1215p yogabuild 1.5 heather z
6-730p yogabuild 2 heather z	515-615p yogabarre* 1 tia	515-615p core flow 2 tia	515-615p yogabarre* 1 tia			1230-130p community 1 ys staff <i>free!</i> <i>1/28, 2/25, 3/25</i>
6-715p yin 1 lynne	6-730p prenatal 1 hillary	6-730p yogabuild 2 paula	615-730p vinyasa flow 1.5 michael	<div style="background-color: #4a86e8; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p><i>intelligent transformative effective</i></p> </div>		4-530p gentle w/ restoratives 1 amanda
630-730p yogabasics 1 celine	615-730p vinyasa flow 1.5 heather c	615-730p yin 1 hillary	630-730p yogabasics 1 danny			430-530p core flow 2 julie
	630-730p self defense for women* <i>starts 1/30 & 2/27</i>	630-730 p vinyasa flow 1 michael	630-745p kundalini holly			

**advance registration required for all 4-week series & yogabarre classes*



get moving



integrate



slow down



winter schedule

january 8 - april 1, 2018

12 week session

inspiration for transformation

fees & policies

memberships

dedicate

monthly *3 month commitment required* 108

annual 1188

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

packages

explore

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

out of town - 1 week unlimited 39

singles

experience

drop-in 20

student drop-in *with valid id, in-studio only* 10

family drop-in *10 per adult/5 per child* 10/5

10% community discount available for singles & 4 class packages; disc. applies to 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

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transformative



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