

Upcoming Events

Last Friday of the Month
7 pm Flow, Yin, & Wine

September 30th 11am
Breaking the Stress Habit
Free Workshop with
Brodie Welch L.Ac.

Sept. 30th 1-2:30pm
Yoga for Anxiety \$15

October 1st
2017/2018
Teacher Training

October 20th -22nd
Relaxation Retreat
@ Oregon Coast

Kids Yoga

September 9th & 23rd
October 7th & 21st
November 4th & 18th
December 2nd & 16th

LOVE YOGA

WWW.LOVEYOGASTUDIOS.COM

SUNDAY

9:30 am - Yoga Basics. Donation class w/new teachers
If it's not possible to donate, please feel free to come practice & offer your positive encouragement. All donations go directly to the teacher.

6:00pm – Restorative with Brenda and/or Ali

MONDAY

9:30 am - Yoga Basics	Sabrina
5:30 pm - Gentle Yoga	Sabrina
7:00 pm - Power Yoga	Erin

TUESDAY

9:30 am - Strong Flow	Sabrina
5:30 pm - 5\$ Basics (cash only)	Aunnie
7:00 pm - Power Yoga	Aunnie

WEDNESDAY

9:30 am - Yoga Basics	Suzanne
5:15 pm - Free Meditation	Suzanne
6:00 pm - Power Yoga	Suzanne
7:00 pm - Restorative Yoga	Kelly

THURSDAY

6:30 am - Strong Flow	Rheannon
9:30 am - Strong Flow	Aunnie
5:30 pm - Gentle Yoga	Suzanne
6:30 pm - Qi Gong	Jerry
7:00 pm - Power Yoga	Erin

FRIDAY

9:30 am - Yoga Basics	Suzanne
11:00 am - Gentle Yoga	Rachel
5:30 pm - 5\$ Basics (cash only)	Suzanne

SATURDAY

9:00 am - Yoga Basics	Suzanne
11:00 am - Kid's Yoga	Erin << see dates at left <<

New Guest

Trial Pass \$20

for 20 days

Free Tee &

10% off

massage

with

Memberships