

Class Specials: Keepin' It Cheap For You!

January is bring a friend for free month! All month long, bring your first-time-to-the-Shop friends and family that keep saying they want to try yoga. No excuses!

February is the New Student 2 for 1: All new students get 2 weeks of unlimited practice for the intro price of \$20! Double the love!

3-Month Unlimited Spring Cleaning is back... During the month of March, buy a 3-month unlimited card for a thin \$300. A \$60 savings, so you can clean yourself up inside and out for the Summer.

Our Rates

Intro package for new students: 1 week of unlimited yoga for **\$20**

Regular Drop-in classes: **\$12**

1 hour classes: **\$10**

Seva classes: **\$8** -- (Seva means a chance for our regular teachers to offer you low-cost classes! Marked on the schedule with a pink heart.)

5-class card: **\$55**

10-class card: **\$100**

20-class card: **\$180**

Monthly Unlimited card: **\$120**

3-Month Unlimited card: **\$345**

6-Month Unlimited Card: **\$648**

New! Annual Monthly Auto-Pay: **\$99/month** with auto-debit

Donation classes: **By donation!** (Marked on the schedule with a pink flower)

Yoga Foundations 1

Welcome to yoga! A safe and fun intro to our way of helping you love yoga the way we do!

Soul Flow 2

For students that have a solid feel for the basics but still want a slower tempo to build strength and grace.

Ecstatic Flow 3

Level 3 is geared toward more experienced yoga practitioners, giving us the chance to sleep in the laboratory of transformation together. Join in the creative company of other seekers!

Bhakti Flow 4

In yoga we know there is no such thing as "advanced," only continuing. Join other continuing yogis in this deeper exploration of all the layers of Yoga!

Solar Flow

A true vinyasa alarm clock for the soul... Wake up and vibrate the rhythm of your body to this smooth mix of hypnotic sun salutations, creative flows and general early morning radiance.

Restorative Lounge

Join us for a lovely dip into the quieter, more restful aspects of yoga in this candlelight practice. Now, with a Bonus! On Thursday nights, from 8:15-8:45pm after Restorative Lounge, come in for (or stay after class for!) a mellow chanting and meditation cap-off to your evening, by donation!

Donation Yoga 1

These awesome by-donation classes bring love sweet love to the community in the form of cheap yoga!

\$5 Soul Flow 2

Also check out the \$5 Soul Flow 2 classes, now offered on Mondays, Tuesdays, and Thursdays at 4pm. A chance for you budget-minded yogis that are beyond Yoga Foundations 1 to get a little deeper!

Harmony Flow

A unique class for a lazy afternoon! Start with 45 minutes of sweetly flowing vinyasa practice, followed by 45 minutes of yummy yin-style and restorative asana to really lounge into your Sunday. Positively JUICY!!

Yoga Beyond Asana

Wake up to this early morning practice and explore more deeply some of the other aspects of yoga: pranayama, Sanskrit mantra and meditation.

Jan 1st -
May 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	6:15 - 7:15 am Solar Flow Audra ♥		6:15 - 7:15 am Solar Flow Jessica		6:15 - 7:15 am Beyond Asana Uma		
7:30am						7:30 - 8:45 am Soul Flow 2 Monicka ♥	
8:30am	8:30 - 9:30 am Yoga Foundations 1 Jeannie	8:30 - 9:30 am Soul Flow 2 Hari-bhakti ♥	8:30 - 9:30 am Yoga Foundations 1 Marianne	8:30 - 9:30 am Soul Flow 2 Hari-bhakti ♥	8:30 - 9:30 am Yoga Foundations 1 Jeannie		
9:00am						9:00 - 10:30 am Soul Flow 2 Lisa Mae	9:00 - 10:30 am Ecstatic Flow 3 Matt
10:00am	10:00 - 11:30 am Soul Flow 2 Marianne	10:00 - 11:15 am Yoga Foundations 1 Hari-bhakti	10:00 - 11:30 am Soul Flow 2 Uma	10:00 - 11:15 am Yoga Foundations 1 Monicka	10:00 - 11:30 am Soul Flow 2 Matt		
11:00am						11:00 - 12:30 pm Ecstatic Flow 3 Marianne	11:00 - 12:30 pm Soul Flow 2 Hari-bhakti
12:00pm	12:00 - 1:30 pm Ecstatic Flow 3 Lisa Mae	12:00 - 1:30 pm Ecstatic Flow 3 Uma	12:00 - 1:45 pm Bhakti Flow 4 Lisa Mae	12:00 - 1:30 pm Ecstatic Flow 3 Uma	12:00 - 1:30 pm Ecstatic Flow 3 Matt ♥		
1:00pm						1:00 - 2:30 pm Yoga Foundations 1 Tasha	1:00 - 2:30 pm Harmony Flow Jeannie
4:00pm	4:00 - 5:00 pm \$5 Soul Flow 2 Jessica	4:00 - 5:00 pm \$5 Soul Flow 2 Jessica	4:00 - 5:00 pm Donation Yoga 1 Monicka	4:00 - 5:00 pm \$5 Soul Flow 2 Jessica	4:00 - 5:00 pm Donation Yoga 1 Audra		
5:30pm	5:30 - 6:45 pm Yoga Foundations 1 Tasha	5:30 - 6:45 pm Soul Flow 2 Lisa Mae	5:30 - 6:45 pm Ecstatic Flow 3 Monicka	5:30 - 6:45 pm Soul Flow 2 Marianne ♥	5:30 - 6:45 pm Soul Flow 2 Monicka		♥ Kiritan: Second Sunday each month 6-8 pm
7:00pm	7:00 - 8:00 pm Soul Flow 2 Monicka	♥ 7:00 - 8:00 pm Donation Yoga 1 Matt	7:00 - 8:00 pm Soul Flow 2 Tally ♥	7:00 - 8:00 pm Restorative Lounge Jeannie			7:00 - 8:00 pm Soul Flow 2 Tally ♥