

April Workshops, Special Classes and Trainings

Thursday Special Classes in April

7:15pm-8:30pm

April 11th

Restorative Yoga for the Chakras w/Meg H.

April 18th

Stretch and Restore w/Tara M.

April 25th

Chakra Flow w/Meg M.

Live Acoustic Slow-Flow

April 12th 6:30pm-8:00pm

w/Meg and Alex



Yin Yoga and Meditation: Life of Joy Free From

Hindrances

April 19th 6:30pm-8:30pm

w/Kim Dwyer



Women's Health Event

April 20th 10:30am-5:00pm

w/Tricia, Jen and Melissa



Restorative Yoga, Massage and Reiki

April 14th 2:00pm-4:00pm

w/Tricia, Melissa, Tara M. and Reiki Practitioners



REIKI SHARES

April 21st- Sign Up for a
Half Hour Session

2:00pm

2:45pm

3:30pm

WWW.UNPLUGGYOGA.COM/EVENTS



Vibrational Sound Cleanse

April 26th 6:30pm-7:45pm
w/Tara and Tricia



Relax, Renew and Restore the Senses

April 28th 2:00pm-4:00pm
w/Melissa and Tricia



New Classes in April

SUNDAYS

8:45AM PRENATAL YOGA (DROP INS
WELCOME) W/ANGELA

4:30PM YOGA FOR TEENS AND TWEENS
W/MEG M.

MONDAYS

7:00AM HATHA YOGA
HALF HOUR GUIDED MEDITATION AT 8:10AM
W/MELISSA

WEDNESDAYS

8:45AM HATHA YOGA W/MELISSA

THURSDAYS

7:00AM YOGA FOR MOBILITY
HALF HOUR GUIDED MEDITATION AT 8:10AM
W/MELISSA

Now Accepting Applications
for our 100 Hour Yin Yoga
Teacher Training

