

YOGA SALINAS

FEBRUARY

CLASS SCHEDULE

HYBRID CLASSES AVAILABLE ONLINE & IN-PERSON

MONDAY

6:00-7:00 am Vinyasa II
9:00-10:05 am Vinyasa Hybrid

4:30-5:35 pm Beginner Yoga
6:00-7:00 pm Yin Yoga
7:30-8:30 pm Breathwork & Meditation

TUESDAY

9:00-10:05 am Vinyasa Hybrid
12:30-1:45 pm Gentle Yoga

6:15-7:15 pm Flow & Restore

WEDNESDAY

9:15-10:30 am Hatha Flow Hybrid

4:30-5:35 pm Beginner Yoga
6:00-7:15 pm Yin yoga
7:30-8:30 pm Vinyasa II

THURSDAY

9:00-10:05 am Vinyasa Hybrid

6:15-7:15 pm Flow & Restore

FRIDAY

6:00-7:00 am Vinyasa II
9:00-10:05 am Vinyasa Hybrid

5:30-6:30 pm Restorative Yoga

SATURDAY

8:00-9:00 am PreNatal Yoga
10:00-11:15 am Gentle Flow
11:30-12:30 pm Chair Yoga 4 All

Starting 2/28

SUNDAY

10:00-11:05 am Flow Hybrid

Yoga Salinas February Workshops

CORE & GRACE: STRENGTH FROM
THE INSIDE OUT. WITH ALETIA EGIPCIACO 7

GRATITUDE YOGA WORKSHOP.
WITH SAM CALLIHAN 7 & 28

ECLIPSE SEASON CIRCLE
WITH KELLY CALLIHAN 8

SELF LOVE & HEALING THE SISTER
WOUND. WITH ADRIANA JIMENEZ 14

BLOOM: OPENING TO LOVE,
RECEIVING, & MAGNETISM. WITH RUBY 15

SISTERS OF THE HEART: 15
A SACRED FRIENDSHIP CIRCLE .WITH AUDREY GRACE

DEEPEN THE CONNECTION: 21
WALKING WITH YOUR SPIRIT GUIDE. WITH RUBY

LIVING CYCLICALLY: WISDOM
CIRCLE. WITH SHAUNA 22

STARLIT CRYSTAL SOUND BATH. 28
WITH ADRIANA JIMENEZ