



YOGA UTOPIA WELLNESS STUDIO

AUGUST CLASS SCHEDULE

33 EAST AVE. NEW CANAAN, CT

SUNDAY

Reserved for Special Workshops:

Energy Healing Circles,
Sound Baths, Book Club,
Tarot Card Reading etc.

2 PM -5 PM

*Now
Open!*

Register/ Sign Up:
lenabiz@icloud.com
or 917-363-7744
(classes \$32 ea.)

MONDAY

CLOSED

TUESDAY

- Privates Classes
10 AM -2 PM
- Kids Sprouts Yoga
(ages 6-12) 4 PM

WEDNESDAY

- Gentle Yoga 10 AM
- Open Flow 11 AM

THURSDAY

- Private Class 10 AM- 12 PM
- Chair Dance 12:30 PM
- Yin Restorative 6PM
(pre-registration required)

FRIDAY

- Gentle Yoga 10 AM
- PIYO Flow 11 AM
(Pilates & Yoga fusion)

SATURDAY

- Open Flow 11am
(pre-registration required)

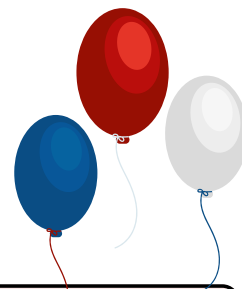
WWW.YOGA-UTOPIA.COM

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Memorial Day Newsletter

May 2025



Let's embrace the sunshine and get Beach Body ready
for the Summer!

Register at: www.yoga-utopia.com or
email: lenabiz@icloud.com

NEW! Summer Class

Chair Dance Yoga

with Letty

Thurs 12:30-1:30PM

NEW Summer Deals!

* High School Teenagers
can get a full monthly
membership \$99 (beg. 6/1)

- All Yoga Classes and 1 special monthly event are included.
- SEPTA Teachers get a full month membership for only \$99 with 3 mos membership!!

Spring into Fun!

Mark your calendars!
Several events are planned:

- TUES May 27th New Flower Moon Circle 6-7:30PM
- NEW! Chair Dance Yoga Thurs at 12:30pm
- Kid's Sprouts Yoga Thurs 3:30PM-4:30PM

Gift Shop OPEN

Check out new arrivals of
Crystal Gem Stones, Candles
and Gem Jewlery for
Summer

YOGA UTOPIA
33 EAST AVE.
NEW CANAAN

