

MAY 2022

IT'S NOT ABOUT TOUCHING YOUR TOES, IT'S WHAT YOU LEARN ON THE WAY DOWN

SERVICES & PRICING

- **Rogue Yoga**– Mixed level class for all levels
- **Yoga Strength**– Yoga class using light weights
- **Gentle Yoga**– Slower-paced yoga class going into deeper stretches
- **Wall Yoga**– Yoga class using a wall as a prop to help with alignment
- **YOGA PRICES: \$10/SINGLE**
 \$45/5
 \$80/10
- **FOOT ZONE: \$50**
- **REIKI: \$50**
- **IONIC DETOX: \$25**
- **SALT THERAPY: \$25**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12P– Rogue 5:30P– Gentle	3	4 5:30P– Strength	5	6	7
8 <i>Mother's Day</i>	9 12P– Rogue 5:30P– Wall	10	11 12P– Rogue	12	13 12P– Rogue	14
15 7P– Gentle	16	17	18 5:30P– Strength	19	20	21
22	23 12P– Rogue 5:30P– Gentle	24	25 12P– Rogue 5:30P– Rogue	26 <i>School's Out– Sum- mer's In</i>	27 12P– Rogue	28
29	30 <i>memorial ★ DAY</i>	31				

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