






February 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

2	3	4	5	6	7
FLOW ● 9AM	EASE & ESSENCE :EMBODIED FLOW 5:30PM	FORREST ● 530PM		FLOW 9AM <hr/> YIN 10:30AM	FORREST ● 9AM
FLOW ● 9AM	EASE & ESSENCE :EMBODIED FLOW 5:30PM	FORREST ● 530PM	YIN 5:30PM	FLOW 9AM <hr/> YIN 10:30AM	FLOW  ● 9AM COUPLES YOGA 11AM \$40
FLOW ● 9AM	EASE & ESSENCE :EMBODIED FLOW 5:30PM	FORREST ● 530PM	YIN 5:30PM	FLOW 9AM <hr/> YIN 10:30AM	FORREST ● 9AM
FLOW ● 9AM JOURNALING 10AM 	EASE & ESSENCE :EMBODIED FLOW 5:30PM	FORREST ● 530PM	YIN 5:30PM	FLOW 9AM <hr/> YIN 10:30AM	FLOW ● 9AM
- KEY - ● = HEATED BLANK SPOT = NO CLASS					
 MONDAY 2/23 AFTER CLASS	OPTIONAL SELF QUIET TIME/MEDITATION/JOURNALING/BREATHING				

Register online for updated schedule and cancellation notifications