

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FLOW 1 9AM <hr/> SCULPT 5:30PM	EASE & ESSENCE 2 A HOLISTIC EXPERIENCE 5:30PM	3	● YIN 4 5:30PM	● SLOW FLOW 5 8AM	FORREST 6 9AM
FLOW 8 9AM <hr/> SCULPT 5:30PM	EASE & ESSENCE 9 A HOLISTIC EXPERIENCE 5:30PM	10	● YIN/ SOUNDBATH 11 5:30PM	● SLOW FLOW 12 8AM	FLOW 13 9AM
FLOW 15 9AM <hr/> SCULPT 5:30PM	EASE & ESSENCE 16 A HOLISTIC EXPERIENCE 5:30PM	17	● YIN/ SOUNDBATH 18 5:30PM	● SLOW FLOW 19 8AM	FORREST 20 9AM
FLOW 22 9AM <hr/> FORREST 5:30PM	EASE & ESSENCE 23 A HOLISTIC EXPERIENCE 5:30PM	24	● YIN/ SOUNDBATH 25 5:30PM	● SLOW FLOW 26 8AM	FORREST 27 9AM
FLOW 29 9AM <hr/> FORREST 5:30PM	EASE & ESSENCE 30 A HOLISTIC EXPERIENCE 5:30PM			- KEY - ● = NON-HEATED BLANK SPOT = NO CLASS	

Register online for updated schedule and cancellation notifications

YIN/SOUNDBATH CLASS

A YOGA SOUND BATH IS AN IMMERSIVE AND RELAXING EXPERIENCE FEATURING THE RESONANT SOUNDS OF INSTRUMENTS LIKE SINGING BOWLS, GONGS, AND CHIMES. THE COMBINATION OF GENTLE MOVEMENT AND SOOTHING VIBRATIONS PROMOTES DEEP RELAXATION, STRESS REDUCTION, AND A HEIGHTENED SENSE OF WELL-BEING FOR MIND, BODY, AND SPIRIT.

