

Unplug & Be Mindful Yoga is Turning 4!



**Join us for our 4 Year Anniversary Weekend Celebration
April 23,24 and 25th**

Friday April 23rd: Regular Friday Morning Schedule

6:30pm-8:00pm ***Tantra Hatha Yoga Moon Practice and Yoga Nidra*** w/
Melissa

Saturday April 24th

7:30am-8:30am ***Yoga Sculpt*** w/Jen P.

9am-10:15am ***Vinyasa Flow*** w/ Marcela

10:30am-12:00pm ***Tantra Hatha Yoga- Sun Practice*** w/ Melissa

12:30pm-1:30pm ***Yin*** w/Angela

2:00pm-3:00pm ***Introduction to Meditation*** w/Vanessa

3:30pm-4:45pm ***Renew and Restore*** w/Beverly

5:30pm-6:45pm ***Sound Cleanse*** with Tara and Tricia (In Studio Only)

Sunday April 25th

Regular Sunday Morning Class Schedule

Special Workshop: 12pm-2pm ***Introduction to Ayurveda: Transition into
Spring with Ease and Grace*** with Shanna and Pat

4:00pm-5:00pm ***Yoga for Strength and Stability*** w/Lisa

Regular Sunday Evening Class Schedule