

# August Workshops and Special Classes

## Sunday Evenings in August

August 7<sup>th</sup> 6:00pm *Vinyasa Flow w/Lindsey*

August 14<sup>th</sup> 6:00pm *Vinyasa Flow w/Caroline*

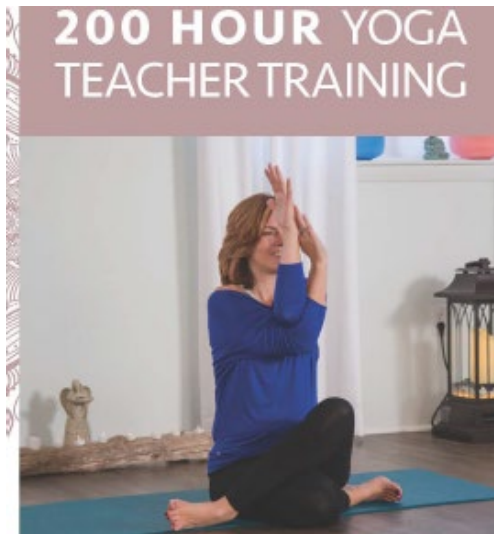
August 21<sup>st</sup> 6:00pm *Community Vinyasa  
Hatha Flow w/Meg H.*

August 28<sup>th</sup> 6:00pm-7:30pm  
*5 Part Integrated Practice w/Melissa*

## 200 Hour Yoga Teacher Training Remote Info Session

Learn more about our upcoming yoga teacher training.

August 22<sup>nd</sup> or 29<sup>th</sup> at 6:00pm via Zoom.



## Community Restorative Yoga

August 19<sup>th</sup> 6:30pm-7:45pm  
w/Meg H.



## Reiki Training (Master Level)

August 20<sup>th</sup> 11:30am-5:30pm



## Angela's New Moon Practice

August 26<sup>th</sup> 6:30pm-7:45pm



## Beach Yoga at Rexhame

Tuesdays and Thursdays 7:00am  
Saturday August 13<sup>th</sup> and August 27<sup>th</sup> 7:30am

