

Holiday Schedule at Unplug & Be Mindful Energy Center

Last Special Thursday Evening Class in December

7:15pm-8:30pm

Regular Class Rates Apply

December 19th **Restorative Yin & Reiki**

w/Melissa M.



Holiday Schedule

December 24th Christmas Eve

5:30am Vinyasa Flow w/Jen

7:00am Yoga Sculpt w/Jen

8:45am Vinyasa Flow w/Marcela

10:30am Peaceful Yin w/Melissa

No Evening Classes

December 25th Christmas Day Class Schedule

7:00am Yoga Sculpt w/Tara D.

8:30am Very Merry Movement and Meditation

w/Tara D.



new year's schedule

New Years Day

7:00am **Yoga Sculpt**

w/Tara D.

8:45am **Soulful Slow Flow and Restore**

w/Susanne

10:30am **Hatha Yoga**

w/Jen

2:30pm **Restorative Yoga and Yoga Nidra**

w/Pam

4:30pm **Barre/Pilates**

w/Marcela

Thursday January 2nd

6:15pm-8:15pm

Intention and Attention Practice

w/Melissa M.