

July Workshops and Special Classes

Closed Fourth of July



Pop Up Classes

Tuesday July 6th 6:00pm-7:15pm

Vinyasa Flow

w/Tricia

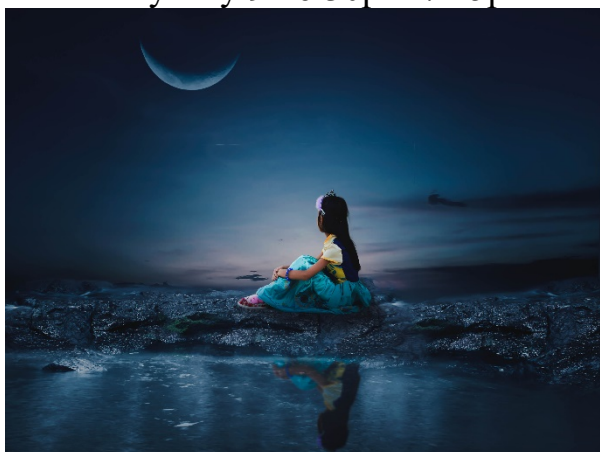
Sunday July 25th 7:00pm-8:30pm

Gentle Hatha and Yoga Nidra

w/Melissa

Angela's New Moon Practice

Friday July 9th 6:30pm-7:45pm



Hands on Assist Workshop

Sunday July 11th 7:00pm-9:00pm

w/Tricia and Melissa



Exploring the Six Tastes of Ayurveda

Sunday July 18th 3:00pm-5:00pm

w/Shanna



Vibrational Sound Cleanse

Tuesday July 20th 6:30pm-7:45pm

w/Tricia and Tara

