

June Workshops, Special Classes and Trainings

Summer Schedule Begins June 16th

New Hatha Wednesdays 4:30pm w/Michele
(meditation room)

Beach Yoga at Rexhame T/Th @7am
w/Melissa M. and Tara D.

New Tuesday Yin Yoga 8:45am w/Michele
(Meditation Room)

Thursday Barre/Pilates is moving to Wednesday
@4:30pm w/Marcela

Thursday Hatha 4:30pm w/Erin (moving to Main
Studio)

New Yoga Sculpt 6pm (Main Studio)
w/Melissa M.

June 16th

Happy Father's Day to all the amazing dads out there.



Restorative Yoga, Massage and Reiki

June 14th 6:30pm-8:30pm
w/Tricia, Melissa and Reiki Practitioners



Thursday Special Classes in June

7:15pm-8:30pm

June 6th

Tantra Hatha Yoga Nidra w/Robin

June 13th

Pranayama, Mantra and Gong Meditation
w/Melissa

June 27th

Yin Yoga w/Melissa
Regular Class Rates Apply

Summer Solstice Event w/Jill Jardine

Thursday June 20th 6:00pm-7:30pm





Live Acoustic Slow Flow
June 28th 6:00pm-7:15pm
w/Meg M. and Alex



108 Rounds of Surya Namaskar

Saturday June 22nd 6am-8am

at Unplug Yoga. Optional: Follow us to Rexhame after class to cool down and then nourish yourself with a healthy breakfast.

