

September Workshops, Special Classes and Trainings

For Students and Yoga Teachers

Cork Block Labs

Class 1: Standing Asanas

Fri October 18th 5:30pm-7pm

Sat Oct 19th 2:00pm-3:30pm

Class 2: Backbends and Arm Balances

Oct 12th 2:00pm-3:30pm

Nov 9th 2:00pm-3:30pm

with Melissa M.

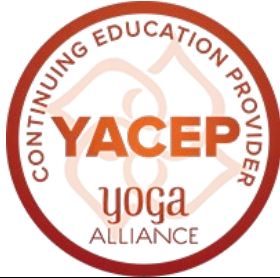
Strap Labs

Class 1: Deep Back Line and Double Helix

Nov 16th 1:00pm-4:00pm

Class 2: Front Line and Arm Lines

January 11 1:00pm-4:00pm



Starts October 1st

Last Date to Apply September 18th



Now Accepting Applications

January 2025-June 2025



Thursday Special Classes in September

7:15pm-8:30pm

Regular Class Rates Apply



Sept 12th **Restorative Yoga** w/Melissa M.

Sept 19th **Pranayama, Mantra and the Gong** w/Melissa M.

Save the Date: October 3rd **Movement Sound and Breath** w/Tara

Vibrational Sound Cleanse

Thursday September 26th 7:15pm-8:30pm

w/Tara and Tricia



Restorative Yoga, Massage and Reiki

Friday September 27th 6:30pm-8:30pm

w/Tricia, Melissa and Reiki Practitioners

