



## CALMUNITY YOGA STUDIO

### Fall\*Winter Schedule

#### MONDAY

7AM – 8AM                      Sunrise Flow  
1030AM – 1130AM           Moms & Tinys

#### TUESDAY

6 PM – 7 PM                      Flow & Sweat

#### WEDNESDAY

7AM – 8AM                      Sunrise Flow  
6PM – 7PM                      Feel Good Flow  
730PM – 830PM                Warming Yin

#### THURSDAY

1030AM – 1130AM            Gentle Flow  
6PM – 7PM                      Flow & Sweat

#### SATURDAY

2 PM – 3 PM                      Breathe & Feel

### SPECIAL EVENTS

#### Somatic Breathwork Journey w/ Jacquie Martens

**Sept 16 & 30  
Oct 14 & 28**

Full Series Purchase required  
\$275 for all 4 Sessions

REGISTER HERE [👇👇👇](#)

<https://calendly.com/jacquiebreathandyo/a-journey-home-to-the-body>

#### Teen Somatic Yoga

**Oct 6**

Mondays 4pm (70min)  
8 Sessions  
\$250

#### Restorative Yoga

**Sept 21**

Fall Equinox Session  
10AM  
90 min  
\$30

**Dec 21**

Winter Solstice Session  
10AM  
90min  
\$30

**Restorative 6 Class Series  
Every 2<sup>nd</sup> Saturday  
Start Sept 27, 2025**

10AM  
60min  
\$140 Series Purchase req.

#### Moms & Tinys

**Sept 8**

8 Sessions  
1030AM (60 min)  
Series Purchase  
\$168  
Drop In  
\$25

**Mala Workshop  
Sept 17**

7pm-9pm  
\$85  
Inc. Mala materials  
30 Min Meditation