

TRUE NATURE WEEKLY CLASS SCHEDULE



AUGUST 2026

SUNDAY	9:00am-10:00am	Harmony Yoga with Danielle Fowler
	5:30pm-6:30pm	Restorative + Reiki with Peggie Moore
MONDAY	9:30am-10:30am	Flow Yoga with Anna Dubrovsky
TUESDAY	9:30am-10:30am	Harmony Yoga with Danielle Fowler
WEDNESDAY	9:30am-10:30am	Gentle Yoga with Danielle Fowler
THURSDAY	9:30am-10:30am	Flow Yoga with Katie Lalicata
	5:30pm-6:30pm	Flow Yoga with Barb Shippy
FRIDAY	9:30am-10:30am	Gentle Yoga with Danielle Fowler
SATURDAY	9:00am-10:00am	Saturday Shift with Rotating Teachers (\$11 drop-in)

See website for special POP UP classes each month.

True Nature Yoga Collective
2131 S. El Camino Real, Suite 201
Oceanside, CA 92054
www.TrueNatureYoga.com



Our classes are designed to be inclusive and welcoming to all. We strive to create a safe and supportive space for everyone to practice.