

TRUE NATURE WEEKLY CLASS SCHEDULE

FEBRUARY 2026

SUNDAY

9:30am-10:30am Flow Yoga with Danielle Fowler
10:45am-11:45am Gentle Yoga with Danielle Fowler
5:30pm-6:30pm Restorative + Reiki + Sound with Becky Cervantes

MONDAY

9:30am-10:30am Flow Yoga with Anna Dubrovsky

TUESDAY

9:30am-10:30am Flow Yoga with Danielle Fowler
5:30pm-6:45pm Flow Yoga with Sara Comp
7:00pm-8:15pm Yin Yoga + Sound by Candlelight with Sara Comp

WEDNESDAY

9:30am-10:30am Gentle Yoga with Danielle Fowler
5:30pm-6:45pm Yin-Yang Yoga with Candice Core

THURSDAY

9:30am-10:30am Flow Yoga with Katie Lalicata
5:30pm & 7:00pm* 4th Thursday of the month
*Grief Yoga and Support Circle with Sara Comp - see website for details

FRIDAY

9:30am-10:30am Gentle Yoga with Danielle Fowler
5:30pm-6:45pm Special Themed Classes - see website for details

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



\$20 drop-in.

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

CLASS DESCRIPTIONS

Flow Yoga

Vinyasa Flow Yoga is a mix of standing, seated, and floor postures sequenced and linked to your breath, creating a "flowing" practice. The class is always unique, with an emphasis on creative expression, mindful movement and breath awareness. This all levels class is an opportunity to build strength, flexibility and resilience in both body and mind.

Gentle Yoga

Gentle Yoga offers a slower pace and therapeutic sequencing to support ease and comfort in your body. With softer transitions between poses and an emphasis on breath-led awareness it's perfect for anyone seeking a calming, supportive practice that honors the body's natural rhythms.

Rest + Reiki + Sound Healing

Restorative Yoga + Sound Healing class combines deeply supportive, prop-assisted postures with the soothing vibrations of sound healing to create an atmosphere of complete relaxation. Through gentle, passive poses, your body is invited to release tension and restore the nervous system. It's the perfect antidote to a busy schedule—a spacious, nurturing practice that leaves you feeling rested and held.

Yin-Yang Yoga

Yin-Yang Yoga is where you explore the duality of movement and stillness, effort and ease. This unique fusion style class invites you to discover the best of both worlds in one mindful, transformative practice. Class begins with slow, grounding Yin poses. Then the practice gradually transitions into the more energizing Yang phase, Yin-Yang Yoga offers a balanced practice that restores your body, sharpens your mind, and nurtures inner peace.

Yin Yoga by Candlelight

Yin yoga is a meaningful complement to more dynamic forms of exercise. The practice helps to balance the body by stretching deep tissues which promotes relaxation, while the stillness of the poses provides an opportunity for introspection, focusing on the breath to move through sensations and foster nervous system regulation. Postures are typically focused on the spine and lower body, where connective tissues are abundant. Props such as blankets, bolsters, and blocks are commonly used to support the body as the poses are held for longer periods of time.

