

# TRUE NATURE WEEKLY CLASS SCHEDULE

## JANUARY 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 Yoga + Sound Healing with Becky C.

### MONDAY

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

5:30pm-6:45pm	Flow Yoga with Sara Comp
7:00pm-8:15pm	Yin Yoga with Sara Comp

### WEDNESDAY

9:30am-10:30am	Gentle Yoga with Danielle Fowler
10:45am-11:45am	Community Meditation Circle with Jim Lindemenn
5:30pm-6:45pm	Yin-Yang Yoga with Candice Core

### THURSDAY

9:30am-10:30am	Flow Yoga with Katie Lalicata
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### FRIDAY

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

True Nature Yoga Collective  
2131 S. El Camino Real, Suite 201  
Oceanside, CA 92054  
[www.TrueNatureYoga.com](http://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.

# 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 itself 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.

## **Restorative Yoga + 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**

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.

## **Community Meditation Circle**

Join us for a peaceful gathering of connection and mindfulness. You can expect gentle breathwork to center and ground then guided meditation to calm the mind. Followed by an open sharing circle to reflect and connect All are welcome — whether you're new to meditation or have an established practice. (\$10 drop-in)

