

# TRUE NATURE WEEKLY CLASS SCHEDULE

## MARCH 2026

<b>SUNDAY</b>	9:30am-10:30am	Harmony Yoga with Danielle Fowler
	10:45am-11:45am	Yin Yoga with Candice Core
	5:30pm-6:30pm	Restorative + Reiki + Sound Healing with Becky Cervantes
<b>MONDAY</b>	9:30am-10:30am	Sacred Start with Anna Dubrovsky
<b>TUESDAY</b>	4:15pm-5:15pm	Harmony Yoga with Danielle Fowler
	5:30pm-6:45pm	3 Week Series begins 3/10 - see website for details
<b>WEDNESDAY</b>	9:30am-10:30am	Gentle Yoga with Danielle Fowler
	5:30pm-6:45pm	Flow Yoga with Sara Comp
<b>THURSDAY</b>	9:30am-10:30am	Flow Yoga with Katie Lalicata
	5:30pm-6:45pm*	3-week Series begins 3/5 - see website for details
	*5:30pm & 7:00pm	4 <sup>th</sup> Thursday Grief Yoga and Support Circle w/ Sara Comp
<b>FRIDAY</b>	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](http://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

## HARMONY YOGA

Harmony Yoga is a well-balanced class that weaves together sitting postures, standing flows, and the wisdom of yoga philosophy for a satisfying practice. You'll stretch, build strength, and refine your balance while staying connected to the rhythm of your breath. Rooted in the spiritual heart of yoga, this class invites a sense of presence and peace that extends beyond the mat.

## FLOW YOGA

That perfect flow state kind of vibe. This class blends breath work, alignment cues, and yoga philosophy to create a perfect mellow medium flow (not too fast, not too slow). You can expect a wide range of postures catered to most levels of practitioners. This breath-centric class is aimed to have you feeling grounded, empowered, centered and at peace.

## 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 + REIKI + SOUND HEALING

This trauma-informed 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.

## RESTORATIVE YOGA + REIKI

This restorative yoga class offers supported, prop-assisted postures paired with hands-on Reiki healing to encourage profound relaxation and energetic balance. As you rest in each shape, Reiki provides an added layer of subtle release, supporting your body's natural capacity to heal.

## SACRED START

On Monday mornings we gather to wake up the body, shush mental chatter, and set the tone for the days ahead. Expect a midtempo flow (not too fast, not too slow) with sprinklings of stillness and subtle practices. If Mondays have you feeling low, overwhelmed, or aimless, make Sacred Start a recurring appointment. Think of it as a team meeting with your higher self—an opportunity to set priorities and celebrate wins—so you can step into your week with purpose.

## YIN YOGA

Yin Yoga class is a grounding practice done entirely on the floor, where poses are held for longer periods to gently stretch the body and support the healthy release of fascia. This approach invites deep opening through the hips, spine, and connective tissues, leaving you feeling spacious, relaxed, and balanced. It's a powerful complement to more active workouts and daily life, helping to restore mobility and ease throughout the body.