TRUE NATURE WEEKLY CLASS SCHEDULE

NOVEMBER 2026

SUNDAY	9:00am-10:00am	Harmony Flow with Danielle Fowler
	5:30pm-6:45pm	Yoga + Massage - 3 Week Series
MONDAY	9:30am-10:30am	Feel Good Flow with Anna Dubrovsky
TUESDAY	6:00pm-7:15pm	Flow & Flop with Anna Dubrovsky
WEDNESDAY	9:30am-10:30am	Gentle Yoga with Danielle Fowler
THURSDAY	9:30am-10:30am	Feel Good Flow with Katie Lalicata
	5:30pm-6:45pm	Restorative + Reiki + Aromatherapy - 3 Week Series
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 OFFERINGS 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.

CLASS DESCRIPTIONS

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

FEEL GOOD FLOW
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 to slow). You can expected a wide range of postures catered to most levels of practitioners. This breath centric class is aimed to have you feeling grounded, empowered, and centered.

GENTLE YOGA
Gentle Yoga offers a slower pace and therapeutic sequencing to support ease and comfort. Mindful flows and supportive modifications make it accessible for all levels, With softer transitions between poses and an emphasis on breath-led awareness it's perfect for all the different stages and phases of life.

FLOW & FLOP
Why choose between movement and rest when you can have both?
Flow & Flop is a mind-body meal in two courses: We start with fluid vinyasa yoga to build range of motion, resilience, and vitality. Then we settle into restorative yoga postures to release physical and mental tension. Yum and yum. Whether you've spent the day at a desk, on your feet, or simply on, this 75-minute practice is designed to leave you feeling deeply satisfied.

RESTORATIVE YOGA + REIKI + Aromatherapy
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.

SATURDAY SHIFT ($11 drop-in)
Surrender into the Saturday Shift, where fresh perspective is on special. Each week, a different teacher guides this $11 yoga class, giving you the chance to sample a variety of voices and approaches in a welcoming community. As you move and breathe with presence, we invite you to observe what shifts within—a softening of tension, a change in energy, a lighter heart, a clearer head. With a moderate pace and modest price, the Shift is available to all.