

TRUE NATURE WEEKLY CLASS SCHEDULE



SEPTEMBER 2026

SUNDAY	9:00am-10:00am	Harmony Flow with Danielle Fowler
	5:30pm-6:30pm	Restorative + Reiki with Peggie Moore
MONDAY	9:30am-10:30am	Flow Yoga with Anna Dubrovsky
TUESDAY	4:15pm-5:15pm	Harmony Flow 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



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.

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, 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.

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.

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.

