

**Arista Yoga Studio**  
**Classes for This Month**  
**Text Yoga to 908-388-9306**  
**[www.aristayoga.com](http://www.aristayoga.com)**



**IN OCTOBER**



**2023**

**MON**

**5AM MIRROR MOVEMENT & MINDFUL  
MEDITATION**  
**9AM CHAIR YOGA**  
**3:30PM KIDS MINDFULNESS YOGA**  
**5:30PM KIDS MINDFULNESS YOGA**  
**6:45PM WOMB YOGA DANCE**

**WED**

**ANIMAL FLOW 6:45PM**

**THUR**

**3:30PM KIDS MINDFUL YOGA**  
**5:30PM KIDS MINDFUL YOGA**  
**6:45PM GENTLE YOGA**

**FRI**

**SOUND HEALING 10AM**

**SAT**

**KIDS MINDFUL YOGA 9AM**  
**YOGA FLOW 10:30AM**