

DECEMBER

Schedule

Monday

9:00 Qi Yoga Flow
10:15 Flow Basics
6:15 Stretch + Flow



Tuesday

9:00 Gentle Yoga
5:00 Flow + Strong Bones
6:15 Yin + Restore

Wednesday

9:00 Stretch + Flow
10:15 Roll + Release
6:15 Mindful Vinyasa

Thursday

8:00 Flow + Strong Bones
9:30 Slow Flow

Friday

9:00 Gentle Yoga
10:30 Mindful Vinyasa

Saturday

9:00 Hatha
11:00 Flow + Strong Bones

Sunday

8:30 Morning Flow

4:30 Varies

4:30pm Sunday varies between Restorative Yoga + Immersive Sound Baths -- Refer to your app for exact offering

Look out for weekend and afternoon pop-up classes on your app!



BHAVANA YOGA STUDIO

SPECIAL EVENTS

10% off automatically applied for Unlimited Members

Saturday Dec 14, 2024 at 1:00-5:00pm

HOLIDAY CRYSTAL SHOP + BIOMAT SESSIONS + B12 INJECTIONS
Regina with Adeline's Mystic Earth is back! Stop by to shop crystals, cleansing tools, jewelry, and more. Everything is 30-50% off. We're also offering 20-min BioMat sessions for \$20 + B12 Injections for \$20

Friday Dec 20, 2024 at 6:15-8:15pm

WINTER SOLSTICE: FLOW, YIN, + YOGA NIDRA - 2hrs // \$30
Join Britt C. + Betsy for a special 2-hr Winter Solstice offering!

Sunday Jan 5, 2025 at 1:00-2:30pm + 3:00-4:30pm

SMALL GROUP SOUND HEALING: Integral Sound Healing // \$55
Limited to 4 students, working with sound on and off your body

Saturday Jan 11, 2025 at 2:00-4:00pm

ELEVATE YOUR SADHANA: 2-hr Arm Balance Workshop // \$60

Saturday Jan 25, 2025 at 1:00-4:00pm

TOTAL ENERGETIC RESET // 3-hrs \$90: Refresh and Reset in the new year with Restorative Yoga, Hands on Massage, Tuning Fork Balancing, Acupuncture, and Sound Immersion Journey