

SEPTEMBER

Schedule



Monday

- 9:00 Qi Yoga Flow
- 10:15* Flow Basics
- 6:15 Stretch + Flow
- 7:30 Aroma Restorative

Tuesday

- 8:00 Slow Flow
- 9:30 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
- 6:15 Heated Yin

Friday

- 9:00 Gentle Yoga
- 10:30 Mindful Vinyasa

Saturday

- 9:00 Hatha
- 11:00 Flow + Strong Bones

Sunday

- 8:30 Morning Flow

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

* indicates a 75-min class



BHAVANA YOGA STUDIO

SPECIAL EVENTS

10% off automatically applied for Unlimited Members

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

POP-UP CRYSTAL SHOP + BIOMAT SESSIONS // HUGE SALE!
Regina with Adeline's Mystic Earth is back! Stop by to shop crystals, cleansing tools, jewelry, and more. Everything is up to 50% off and we're offering 20-min BioMat sessions for \$20.

Wednesday Sept 25, 2024 at 11:30-12:45pm

SMALL GROUP FLOW + STRONG BONES: 75-min // \$60
Limited to 2-4 students, working with Wendy in a smaller group to aid in specific guidance and individualized goals.

Saturday Sept 28, 2024 at 3:00-5:00pm

RESTORATIVE + MASSAGE WITH SOUND HEALING: 2hrs // \$65
Limited to 8 students. Join Britt C. + Regina for a special 2-hr restorative yoga session with hands on massage while experiencing the healing sounds of crystal and Tibetan bowls, chimes, drums, and a tuning fork relaxation sequence.

POP-UP CLASSES

Included in all Intro + Regular Passes, and Memberships

Sun 9/8 at 4:30pm

Immersive Sound Healing Journey

Tues 9/17 at 6:15pm

Full Moon Yin, Restore, + Sound Bath

Sat 9/21 at 12:15pm

Roll + Release Pop-Up