

Weekly Schedule

..It's like a treehouse up in here!

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MON

Trauma
Sensitive Yoga
8:30 'ish - 10:00 a.m.
Ruth Bailey

Healing Chakras &
Historical Trauma
Please call Ruth
before attending
this class.

Restorative Yoga
6 - 7:00 p.m.
Nathan Brumbaugh

TUE

Anahata Yoga
12 - 1:15 p.m.
Ruth Bailey

Yin Yoga
6 - 7:00 p.m.
Jama DeForge

WED

Restorative Yoga
12 - 1:00 p.m.
Nathan Brumbaugh

THU

Anahata Yoga
12 - 1:15 p.m.
Ruth Bailey

FRI

Trauma
Sensitive Yoga
8:30 'ish - 10:00 a.m.
Ruth Bailey

Healing Chakras &
Historical Trauma
Please call Ruth
before attending
this class.

SAT

Anahata Yoga
9 - 10:00 a.m.
Ruth Bailey

SUN

Hatha for Your
Health
10:30 - 11:30 a.m.
Pat Snook

Mindfulness Based
Well-being For Families
2:00 - 2:30 p.m.
Dan Vining

Check Website for Class Changes - mystudioyoga.com