



Sundays 6-7pm

Come join us throughout the summer for a unique yoga/meditation experience. The class will alternate between Tibetan Singing Bowl Meditation sessions, Kundalini yoga, Yin Yoga, & Yoga Nidra (meditation) to wind down your weekend & busy summer schedule.

June 25 – Yin w/Noelle

Jul 2 – Singing Bowls w/Ben

Jul 9 – Kundalini w/Mindy

Jul 16 – Yoga Nidra w/Jeremiah

July 23 – Singing Bowls w/Ben

Jul 30 – Yin w/Noelle

Aug 6 – Kundalini w/Mindy

Aug 13 – Singing Bowls w/Ben

Aug 20 – Yoga Nidra w/Jeremiah

Aug 27 – Kundalini w/Mindy

Sep 3 – Yoga Nidra w/Jeremiah

Sep 10 – Singing Bowls w/Ben

Open to all class packages or \$12 drop-in for new students & visitors.

