

Schedule Updates for December

MINDBODY online is always updated with the most current classes and in the rare event that there is a cancellation so we encourage you to check it regularly. In the meantime, here's the good stuff we know is happening this month!

Holiday Schedule/Class Changes

Sun. Dec 24th Christmas Eve

8am ~ Vinyasa

10am ~ Fusion

(no 4pm today)

Christmas Day

no classes

Sun. Dec 31st New Years Eve

8am ~ Vinyasa

10am ~ Fusion

(no 4pm today)

Mon. Jan 1st New Years Day

10am ~ Fusion w/Kelly & guest didjeridoo
(rest of classes today cancelled for New Year Workshop)

Looking for a Christmas/New Year Gift?

How about a life-changing SHY gift certificate!

Special Events/Workshops

Sun. Dec 17th 4-6pm

Restorative Yoga: Building Ease
in a Fast Paced Season

Please join us for this special seasonal
workshop & practice w/Sarah

Advanced registration is encouraged ~ \$20 (4pm Intro to Yoga cancelled this day)



Thurs. Dec 21st 5:30-7pm

Celebrate the return of light with a special
Candlelit Vinyasa w/Nicole

Advanced registration encouraged ~
regular class package/rates apply



Sun. Jan 1st New Years Day

1pm-4:30pm Yoga Habits for the New Year
Another not-to-be-missed Workshop w/Sarah
to kick off your New Year ~ see flyer for details

Advanced registration is encouraged ~ \$65 (4pm Intro to Yoga cancelled this day)

