

# Inner Bliss Studio

www.innerblissstudio.com

(832) 610-5564

## Yoga Class Schedule

Prior Registration Required for all classes.

Please call or text (832) 610-5564 or email your name and phone number to [innerblisstx@gmail.com](mailto:innerblisstx@gmail.com) to register.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>9:00-10:00 am</b> Relax & Restore Yin/ Meditation	<b>9:30-10:30 am</b> Yoga for Healthy Spine		<b>9:30-10:30 am</b> Yoga for Healthy Spine		
			<b>12:00-1:00 pm</b> Relax & Restore Yin/ Meditation		<b>12:00-1:00 pm</b> Relax & Restore Yin/ Meditation	