



Inner Bliss Studio

www.innerblissstudio.com

Yoga Class Schedule

Prior Registration Required for all classes. Please call or text (832) 610-5564 to register.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00 am Yin/ Meditation For Stress & Anxiety	10:00-11:00 am Gentle Yoga for Low Back Pain	10:00-11:00 am Yin Yoga/ Meditation For Low Back Pain	10:00-11:00 am Gentle Yoga for Stress and Anxiety	9:00-10:00 am Yin/ Meditation For Stress & Anxiety	
	6:00-7:00 pm Yin Yoga/ Meditation For Low Back Pain		6:00-7:00 pm Puede ser Clase bajo Donacion Yoga para todos (Yoga en Espanol)	6:00-7:00 pm Gentle Yoga for Strength & Flexibility		