



Inner Bliss Studio

www.innerblissstudio.com

## Yoga Class Schedule

If you are planning on attending a class, please email [Anjali@innerblissstudio.com](mailto:Anjali@innerblissstudio.com) or text your name and day/time of the class to (832) 610-5564

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>10:00-11:00 am</b> Restorative Yoga for Stress and Anxiety Anjali G</p>	<p><b>10:00-11:00 am</b> Yin/ Meditation For Stress &amp; Anxiety Nita P</p>	<p><b>10:00-11:00 am</b> Restorative Yoga For Low Back Pain Anjali G</p>	<p><b>10:00-11:00 am</b> Yin/ Meditation For Low Back Pain Anjali G</p>		<p><b>10:00-11:00 am</b> Yin/ Meditation For Stress &amp; Anxiety Aiyana C</p>
	<p><b>6:30-7:30 pm</b> Yin Yoga/ Meditation For Low Back Pain Anjali G</p>	<p><b>6:30-7:30 pm</b> Restorative Yoga For Low Back Pain Anjali G</p>	<p><b>6:00-7:00 pm</b> Yoga en Espanol (Donacion) Anira E</p>	<p><b>6:30-7:30 pm</b> Restorative Yoga for Stress and Anxiety Anjali R</p>	<p><b>6:30-7:30 pm</b> Blissful Healing Meditation Circle Anjali G</p>	

Rates:

Single class: \$20.00

5 Class Pass: \$60.00 (Expires in 3 months after purchase)

Unlimited Yoga Classes: \$80.00 per month