



Inner Bliss Studio

www.innerblissstudio.com

## Renew, Restore and Leave Feeling Blissfully Relaxed!

### Yoga Class Schedule

Ready for your mini-vacation on your yoga mat?

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. It helps us plan and prepare to serve you better. Thank you for understanding!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>10:00-11:00 am</b> Gentle Yoga for Stress and Anxiety	<b>10:00-11:00 am</b> Gentle Yin Yoga/ Meditation For Stress & Anxiety	<b>10:00-11:00 am</b> Gentle Yoga For Low Back Pain	<b>10:00-11:00 am</b> Gentle Yin Yoga/ Meditation For Low Back Pain		<b>10:00-11:00 am</b> Gentle Yin Yoga/ Meditation For Stress & Anxiety
	<b>6:30-7:30 pm</b> Gentle Yin Yoga/ Meditation For For Low Back Pain	<b>6:30-7:30 pm</b> Gentle Yoga For Low Back Pain	<b>6:00-7:00 pm</b> FREE yoga Yoga en Espanol (Donacion) Anira E	<b>6:30-7:30 pm</b> Restorative Yoga for Stress and Anxiety	<b>6:30-7:30 pm</b> Blissful Healing Meditation Circle	

**Rates:** Single class: \$25.00, 5 Class Pass: \$99.00 (Expires in 3 months after purchase), Unlimited Yoga Classes: \$99.00 per month

**Class Description:** Our classes are great for all levels. If you are a beginner, all our classes are perfectly suitable for you. No hand stands or super twisty poses. We will practice simple and easy poses to free up spine, hips, neck and shoulders where we all tend to hold our tension and stress! Classes will also include breathing practices to give you an instant energy boost as well as simple meditation to help alleviate stress and anxiety! Yin yoga is a type of yoga where you hold poses for 3-5 min with support from blanket, blocks or bolsters. It will transport your mind-body into a blissful place! Yoga at Inner Bliss is a unique experience! Don't miss out. Come and get your BLISS on!