



# Inner Bliss Studio

[www.innerblissstudio.com](http://www.innerblissstudio.com)

Transport the mind-body into a state of Deep, Blissful relaxation!

## Yoga Class Schedule

Visit our website [www.innerblissstudio.com/yoga](http://www.innerblissstudio.com/yoga) or call/text (832) 610-5564 to sign up for a class.

Experience Authentic Yoga at Inner Bliss Studio! Don't miss out. Come and get your BLISS on!

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>10:00-11:00 am</b> Gentle Yoga For Stress & Anxiety	<b>10:00-11:00 am</b> Restorative Yoga For Stress & Anxiety	<b>10:00-11:00 am</b> Gentle Yoga For Low Back/Neck Pain	<b>10:00-11:00 am</b> Restorative Yoga For Low Back/Neck Pain	<b>Events &amp; Workshops</b>	<b>Events &amp; Workshops</b>
	<b>6:30-7:30 pm</b> Restorative Yoga For Low Back/Neck Pain	<b>6:30-7:30 pm</b> Gentle Yoga For Low Back/Neck Pain	<b>6:30-7:30 pm</b> Restorative Yoga For Stress & Anxiety	<b>6:30-7:30 pm</b> Gentle Yoga for Stress & Anxiety		

**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:

**Gentle Yoga classes:** We will practice simple and easy yoga poses, breath awareness and relaxation techniques with primary focus on relieving low back pain, stress and anxiety! The class will begin with warm up exercises, followed by dynamic easy yoga poses to help improve core strength, flexibility, balance, and coordination. Standing, sitting, supine and prone poses will be practiced. The class concludes with deep relaxation technique.

**Restorative Yoga:** These classes are different from our gentle yoga classes. We will hold poses for 3-5 min or even longer using bolsters, blocks, or blankets. Longer holds help free up hips and spine, improve range of motion and take the mind-body into a state of deep relaxation. We will practice poses either sitting or lying down on the mat. We will focus on the breath to help our mind calm down and get in a meditative state.