

# NOWyoga

614 Forest St, Charlottesville, VA  
nowyogacville.com

*We are passionate about the power of yoga to heal body, mind and soul.*

JOIN US

434.264.1NOW



Join us for breath-infused flow classes on our deck in our yogayard in downtown Charlottesville. NOWyoga offers a wide range of classes, from gentle Yin to intensive Vinyasa, designed to meet you where you are.

**\$89**

**MONTHLY UNLIMITED YOGA**

SHARE the **YOGA**  
FREE YOGA CLASS

Everyone's first class at NOW is free and our Sunday, 10 am Slow Flow class is free or by donation every week.

## CLASS SCHEDULE after Labor Day

MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 am - 8:15 am - Vinyasa I/II -	7:00 am - 8:15 am - Gentle/Slow Flow-	7:00 am - 8:15 am - Vinyasa I/II -	7:00 am - 8:15 am - Gentle/Slow Flow -	7:00 am - 8:15 am - Vinyasa I/II -		
					8:30 am - 9:45 am - Vinyasa II -	8:30 am - 9:45 am - Vinyasa II -
9:30 am - 10:45 am - Beginner	9:30 am - 10:45 am - Vinyasa I/II-	9:30 am - 10:45 am - Beginner	9:30 am - 10:45 am - Vinyasa I/II-	9:30 am - 10:45 am Beginner 9:30 am - 10:45 am - Vinyasa II -		
					10:15 am- 11:30 am Slow Flow Vinyasa	10:15 am- 11:30 am Slow Flow Vinyasa
				12:00 pm - 1 pm YIN		
						<b>MUST PRE-REGISTER</b> 3:30 pm - 5:00 pm Fundamentals Workshops
5:30 pm - 6:45 pm - Vinyasa II -	5:30 pm - 6:45 pm - Vinyasa II -	5:30 pm - 6:45 pm - Vinyasa II -	5:30 pm - 6:45 pm - Vinyasa II -			5:30pm- 6:45 pm YIN
5:45 pm - 7:00 pm - Gentle Flow-	5:45 pm - 7:00 pm - Slow Flow Vinyasa-	5:45 pm - 7:00 pm - Gentle Flow-	5:45 pm - 7:00 pm - Slow Flow Vinyasa-			
7:15 pm - 8:30 pm YIN		7:15 pm - 8:30 pm- Yin with Reiki				