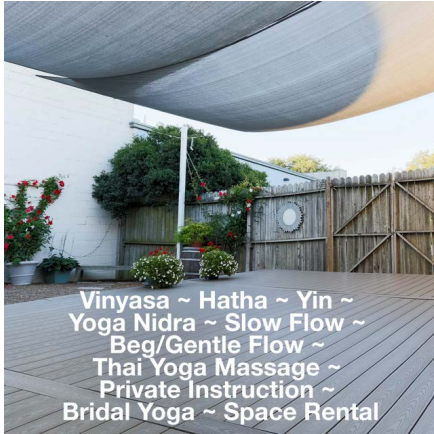


We are passionate about the power of yoga to heal body, mind and soul.

JOIN US



SHARE the YOGA

Our *Feed Your Soul, Feed Your Neighbor* campaign is supporting the Blue Ridge Area Food Bank. Our Sunday 10:30 am class is free or by donation.

Yoga is for every soul.



CLASS SCHEDULE after Nov 29, 2019

MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 am - 8:15 am Vinyasa I/II		7:00 am - 8:15 am Vinyasa I/II				
	9:30 am - 10:45 am Vinyasa I/II		9:30 am - 10:45 am Vinyasa I/II	9:00 am - 10:15 am Vinyasa I/II	9:00 am - 10:15am Vinyasa I/II	9:30 am - 10:45 am Midlevel/Hatha
				10:45 am - 11:45 am Midlevel/Hatha	10:45am- noon Slow Flow	10:30 am - 11:45 am Beginner/Gentle Flow
Noon - 1:00 pm Vinyasa I/II		Noon - 1:00 pm Vinyasa I/II		12:15 pm - 1:15 pm YIN		11:00 am - 12:15 pm Vinyasa I/II
Thai Yoga Massage 1:15 - 1:45 AND 1:45 - 2:15				4:15 pm - 5:15 pm Vinyasa I/II	4:15 pm - 5:30 pm Vinyasa I/II	4:15 pm - 5:15 pm Vinyasa I/II
MUST PREREGISTER 1 space only					Thai Yoga Massage 5:45 - 6:15 AND 6:15 - 6:45 MUST PREREGISTER 1 space only	
5:45 pm - 7:00 pm Beginner/Gentle Flow	5:45 pm - 7:00 pm Slow Flow	5:45 pm - 6:45 pm Gentle Hatha	5:45 pm - 7:00 pm Yin	5:30 pm - 6:30 pm YOGA NIDRA 1/17, 1/31, 2/14, 2/28 \$12		5:30 pm - 6:45 pm Stretch, Relax & Roll
5:45 pm - 7:00 pm Vinyasa I/II	6:30 pm - 7:45 pm Vinyasa I/II	6:00 pm - 7:15pm Vinyasa I/II	6:30 pm - 7:45 pm Vinyasa I/II			