

SUN	MON	TUE	WED	THU	FRI	SAT
January - Studio 4:8 Yoga						
	1 CLOSED FOR NEW YEARS	2 5:30 – 6:15 p.m. Vinyasa Flow – Megan 6:30 – 7:30 p.m. Yin Yoga – Megan	3 5:30 – 6:15 p.m. Yin Yoga – Laura 6:30 – 7:15 p.m. Vinyasa Flow- Laura	4 5:30 – 6:30 p.m. Vinyasa Flow – Shiela 6:45 – 7:30 p.m. Candlelight Restorative and Sound Healing – Shiela	5 5:00 - 5:45 p.m. Friday Slow Flow - Darrell	6 9:15 - 9:45 a.m. Open Studio Time - Shaina 10 – 11 a.m. Vin-Yin Flow – Shaina
7 6 - 7 p.m. Candlelight Restorative - Lindsay	8 5:30 - 6:30 p.m. Vin-Yin Flow - Bonnie 7:00 - 8:00 p.m. Candlelight Restorative - Faith	9 5:30 – 6:15 p.m. Vinyasa Flow – Megan 6:30 – 7:30 p.m. Yin Yoga – Megan	10 5:30 – 6:15 p.m. Yin Yoga – Laura 6:30 – 7:15 p.m. Vinyasa Flow- Laura	11 5:30 – 6:30 p.m. Vinyasa Flow – Shiela 6:45 – 7:30 p.m. Candlelight Restorative and Sound Healing – Shiela	12 5:00 - 5:45 p.m. Friday Slow Flow - Faith	13 10 – 11 a.m. Vin-Yin Flow – Heather
14 6 - 7 p.m. Candlelight Restorative - Lindsay	15 5:30 - 6:30 p.m. Vin-Yin Flow - Bonnie 7:00 - 8:00 p.m. Candlelight Restorative - Faith	16 5:30 – 6:15 p.m. Vinyasa Flow – Megan 6:30 – 7:30 p.m. Yin Yoga – Megan	17 5:30 – 6:15 p.m. Yin Yoga – Laura 6:30 – 7:15 p.m. Vinyasa Flow- Laura	18 5:30 – 6:30 p.m. Vinyasa Flow – Shiela 6:45 – 7:30 p.m. Candlelight Restorative and Sound Healing – Shiela	19 5:00 - 5:45 p.m. Friday Slow Flow - Heather Studio Reserved 6:30 - 7:30 p.m. Restorative Yoga with No Footprint Too Small	20 10 – 11 a.m. Vin-Yin Flow – Heather
21 6 - 7 p.m. Candlelight Restorative - Lindsay	22 5:30 - 6:30 p.m. Vin-Yin Flow - Bonnie 7:00 - 8:00 p.m. Candlelight Restorative - Faith	23 5:30 – 6:15 p.m. Vinyasa Flow – Megan 6:30 – 7:30 p.m. Yin Yoga – Megan	24 5:30 – 6:15 p.m. Yin Yoga – Laura 6:30 – 7:15 p.m. Vinyasa Flow- Laura	25 5:30 – 6:30 p.m. Vinyasa Flow – Shiela 6:45 – 7:30 p.m. Candlelight Restorative and Sound Healing – Shiela	26 5:00 - 5:45 p.m. Friday Slow Flow - Kelli	27 9:15 - 9:45 a.m. Open Studio Time - Shaina 10 – 11 a.m. Vin-Yin Flow – Shaina
28 6 - 7 p.m. Candlelight Restorative - Lindsay	29 5:30 - 6:30 p.m. Vin-Yin Flow - Bonnie 7:00 - 8:00 p.m. Candlelight Restorative - Faith	30 5:30 – 6:15 p.m. Vinyasa Flow – Megan 6:30 – 7:30 p.m. Yin Yoga – Megan	31 5:30 – 6:15 p.m. Yin Yoga – Laura 6:30 – 7:15 p.m. Vinyasa Flow- Laura	Follow us on Instagram and Facebook and stay up to date! @studio48yoga		

Class Descriptions

Candlelight Restorative

Restorative is a passive practice using props (such as blankets and bolsters) to facilitate deep relaxation and restore the nervous system. The class is floor-based and generally held passively to allow for students to unwind and restore. This class is great for anyone and everyone seeking balance and relaxation from a busy lifestyle.

Open Studio Time

Enjoy thirty minutes of sacred space dedicated to you easing into your weekend in a way that feels good for you. You get to decide how you spend this quiet time (legs up the wall, journaling, meditation, prayer). The door will be locked during this time and will open at 9:45 to transition to 10 am class.

Vin-Yin Yoga

Vin Yin Yoga, also referred to as Yin Yang Yoga, is a yoga sequence that combines Vinyasa Yoga and Yin Yoga. This is normally done with Vinyasa as the first half of the sequence and Yin Yoga as the second half. The Vinyasa portion warms the body up and rids your body of excess energy. After this, your body is ready to relax and lengthen during the Yin Yoga portion. Come to experience breath, flow, balance and stretching to release in our mind, body and spirit anything you've held onto throughout your day.

Slow Flow FAC

This yoga class is great for brand new beginners and continuing students. A wide variety of postures (which vary by class) will be offered via in-depth instruction, including breath techniques. Newer students find this Gentle yoga builds confidence and familiarity. More experienced students appreciate a slower pace to refine skillful alignment and awareness. You will develop strength, flexibility, and mindfulness. Pose modifications (options and variations) will be provided to support each student.

Candlelight Restorative with Sound Healing

Discover a deep relaxation while being bathed in the vibrations of various instruments such as crystal singing bowls, symphonic gong, drums and more. The combination of sound and restorative poses can strengthen one's meditative experience.

Vinyasa Flow

Vinyasa is an active practice that includes postures to build strength and flexibility. This class incorporates breath-to-movement sequences, and will provide an opportunity to build proper alignment and explore the intricacies of each pose. Come to experience breath, flow, balance and stretching to release in our mind, body and spirit anything you've held onto throughout your day.

Yin Yoga

A slow and meditative class that is composed of seated and reclined poses, each held anywhere from 2-5 minutes. This unique style focuses on targeting the connective tissues (bones, joints, ligaments and fascia.) This class emphasizes body awareness and does require a physical effort to hold the pose.