

SUN	MON	TUE	WED	THU	FRI	SAT
<i>July - Studio 4:8 Yoga</i>						
	1 5:30 - 6:30 p.m. Vin-Yin Flow - Kelli	2 5:30 - 6:15 p.m. Vinyasa Flow - Shiela 6:30 - 7:30 p.m. Yin Yoga - Kelli	3 5:30 - 6:15 p.m. Yin Yoga - Laura 6:30 - 7:15 p.m. Vinyasa Flow - Laura	4 <b>CLOSED FOR INDEPENDENCE DAY</b>	5 <b>CLOSED FOR INDEPENDENCE DAY</b>	6 10 - 11 a.m. Vin-Yin Flow - Heather
7 6 - 7 p.m. Candlelight Restorative - Lindsay	8 5:30 - 6:30 p.m. Vin-Yin Flow - Kelli	9 5:30 - 6:15 p.m. Vinyasa Flow - Heather 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 9:30 - 10:30 a.m. Morning Bliss - Faith 6:00 - 7:00 p.m. Candlelight Restorative - Faith	12	13 10 - 11 a.m. Vin-Yin Flow - Megan
14 6 - 7 p.m. Candlelight Restorative - Lindsay	15 5:30 - 6:30 p.m. Vin-Yin Flow - Kelli	16 5:30 - 6:15 p.m. Vinyasa Flow - Kelli 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 9:30 - 10:30 a.m. Morning Bliss - Faith 6:00 - 7:00 p.m. Candlelight Restorative - Faith	19 Studio Reserved 6:30 - 7:30 p.m. Restorative Yoga with No Footprint Too Small	20 10 - 11 a.m. Vin-Yin Flow - Megan
21 6 - 7 p.m. Candlelight Restorative - Lindsay	22 5:30 - 6:30 p.m. Vin-Yin Flow - Kelli	23 5:30 - 6:15 p.m. Vinyasa Flow - Heather 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 9:30 - 10:30 a.m. Morning Bliss - Faith 6:00 - 7:00 p.m. Candlelight Restorative - Faith	26	27 10 - 11 a.m. Vin-Yin Flow - Heather
28 6 - 7 p.m. Candlelight Restorative - Lindsay	29 5:30 - 6:30 p.m. Vin-Yin Flow - Heather	30 5:30 - 6:15 p.m. Vinyasa Flow - Shiela 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.

## Morning Bliss

A gentle, flowing practice infused with some grounding yin postures to get you "blissfully" started with your day! Although this isn't a rigorous practice, you'll stretch and increase your range of motion with adaptations available for various levels of practice.

## 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.

## 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.