

  **SELAH FEBRUARY SCHEDULE!!!**   

~Doors open 15 minutes prior to class time. We lock the doors after class time starts for client safety. Please do not arrive more than 10 minutes late and enter quietly.

Regular Drop-In \$15, or see our website for Specials, Gift Cards, Rates & Memberships.

Website: [www.yogapasschristian.com](http://www.yogapasschristian.com)

Address: 526 E. Second St. Pass Christian, MS 39571

**MONDAY:**

- 9:00am-10:00am Pilates Mat (All Levels/ Active)- Leah
- 12:30pm-1:45pm Community Hatha Yoga (All Levels/ Gentle)- Jacqueline Lape
- \*\$5 Minimum Donation
- 6:00pm-7:15pm Candlelight Gentle Flow & Restore (All Levels)- Leah

**TUESDAY:**

- 9:00am-9:40am Mommy, Daddy & Me Yoga (All Levels/ Family Yoga)- Jacqueline Lane
- \*\$12 Drop-in covers 1 Parent & 1 child.
- 12:30pm-1:30pm Lunch-Break Yoga (All Levels/ Active)- Leah
- 6:30pm-7:45pm Selah Basics (All Levels / Beginners)- Leah \*Pre-registration Class\* (Ends Feb. 12th)
- 5:30-6:30pm (Begins Feb. 19th) Selah Faith Yoga \*Pre-registration or Drop-in Class\*

**WEDNESDAY:**

- 6:00pm-7:14pm Yoga for Balance (Mixed Levels)- Connie \*In Studio A/ Sanctuary\*
- 6:00pm-7:15pm Basic Strength & Stability Yoga (All Levels / Active)- Chris \*In Studio B\*

**THURSDAY:**

- 12:30pm-1:30pm Gentle Chair Yoga (All Levels/ Gentle)- Leah
- 5:00pm-6:00pm Restorative (All Levels/ Gentle)- Leah
- 6:15pm-7:30pm (Starting Feb. 21st) Selah Basics (All Levels/ Beginner)- Leah \*Pre-registration Required\*

**FRIDAY:**

- 9:00am-10:00am Pilates Mat (All Levels / Active)- Leah
- 12:30pm-1:45pm Deep Openings, Yin Yoga (All Levels/ Gentle)- Leah

**SATURDAY:**

- 9:30am-10:45am Mindful Flow (Mixed Levels / Active)- Connie \*\$10 Special!
- 11:00am-12:15pm Selah Basics Review (All Levels / Beginners)- Leah
- \*Drop-in & preregistered are BOTH allowed\*

**SUNDAYS: CLOSED**

Feb. 16th- 230pm “All Things of the Heart”: A creative & introspective Yoga Nidra experience.

\*For future special events, updates and cancellations follow us on Facebook and Instagram.\*