

# SELAH MARCH SCHEDULE!!!

Doors open 15 minutes prior to class time. We lock the doors after class time starts for 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.

Phone: (228)219-2788 - [www.yogapasschristian.com](http://www.yogapasschristian.com)


## MONDAY:

- 9:00am-10:00am Pilates Mat (All Levels/Active)
- 12:30pm-1:30pm Community Hatha Yoga (All Levels) - \*\$10 Donation\*
- 6:00pm-7:15pm Candlelight Gentle & Restorative (All Levels)


## TUESDAY:

- 9:00am-9:40am Mommy, Daddy & Me Yoga (All Levels/Family Yoga) \*\$6 per attendee\*
- 10:30pm-11:30pm Good Morning Yoga (All Levels / Active) - **NEW CLASS!** 
- 5:30-6:30pm Selah Faith Yoga (optional Bible Study afterwards). \*Pre-registration discount or Drop-in\*

## WEDNESDAY:

- 5:15pm-6:15pm Basic Strength & Stability Yoga (All Levels/Active)
- 6:30pm-7:30pm Gentle Flow (All Levels) - **NEW CLASS!** 

## THURSDAY:

- 12:30pm-1:30pm Gentle Chair Yoga (All Levels/Seniors)
- 5:00pm-6:00pm Restorative Yoga for Stress Relief (All Levels/Gentle)
- 6:15pm-7:30pm Selah Basics (Starts March 14th) - (All Levels/Beginner)- \*Pre-registration Required 

## FRIDAY:

- 9:00am-10:00am Pilates Mat (All Levels/Active)
- 12:30pm-1:30pm Soothing Yin Yoga (All Levels/Gentle)

## SATURDAY:

- 9:30am-10:45am Mindful Flow (Mixed Levels/Active)
- 11:00am-12:15pm Selah Basics Review (All Levels/Beginner) \*Pre-registration discount or Drop-in\*

## SUNDAYS: CLOSED

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

~~~~~ Special Events ~~~~~

 **Mardi Gras Flow** 

Sunday, March 3<sup>rd</sup> (3:00pm - 4:00pm)

\$15/ Non-Members & \$10/ Members

\*Class attendees & Members are welcome to park at the studio for the Mardi Gras Parade!