

🌸 SELAH YOGA APRIL 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.

Phone: (228) 219-2788 website: www.yogapasschristian.com

MONDAY:

- 9:00am-10:00am Pilates Mat (All Levels/Active)
- 5:15pm-6:15pm Joyful Flow (All Levels/Active) 🌸 NEW CLASS
- 6:30pm-7:45pm Candlelight Gentle & Restorative (All Levels)

TUESDAY:

- 10:30pm-11:30pm Good Morning Flow (All Levels)
- 5:30-6:30pm Selah Faith Yoga with optional Bible Study afterwards. *Pre-registration Class or Drop-in* ☒

WEDNESDAY:

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

THURSDAY:

- 12:30pm-1:30pm Gentle Chair Yoga (All Levels)
- 5:00pm-6:00pm Restorative Yoga for Stress Relief (All Levels/Relaxation)
- 6:15pm-7:30pm (Starting March 14th) Selah Basics (All Levels/Beginner) *Pre-registration Required* (New Series starts May 2nd)

FRIDAY:

- 9:00am-10:00am Pilates Mat (All Levels/Active)
- 12:30pm-1:45pm Soothing Yin Yoga (All Levels)

SATURDAY:

- 9:30am-10:45am Mindful Flow (Mixed Levels/Active)
- 11:00am-12:15pm Selah Basics Review (All Levels/Beginners)
- *Drop-in & pre-registered allowed*

SUNDAYS: CLOSED

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

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

- Saturday, April. 6th 12:30pm- 2:30pm 🦋 Selah Butterfly Garden Lunch 🦋
- Yoga Nidra “Spring Cleaning for the Soul” - TBD