

# SELAH YOGA

A REFLECTIVE PAUSE

YOGA FITNESS DANCE

## August Class Schedule

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

### MONDAYS

- 9:30am-10:30am *Pilates Mat* (All Levels/Active)
- 12:30pm-1:30pm *Subtle Body Flow* (All Levels/Active)
- 6:30pm-7:45pm *Candlelight Gentle & Restorative* (All Levels)

### TUESDAYS

- 12:30pm-1:30pm *Lunchtime Gentle Yoga* (All Levels)
- 5:45pm-6:45pm *Joyful Flow* (Mixed Levels/Active)

### WEDNESDAYS

- 12:30pm-1:45pm *Yoga for Energy & Focus* (All Levels/Active)
- 5:30pm-6:30pm *Men's Warrior Yoga* STUDIO B (All Levels/Active)
- 6:30pm-7:45pm *Contemplative Core Flow* STUDIO A (Mixed Levels/Active)

### THURSDAYS

- 12:30pm-1:30pm *Gentle Chair Yoga* (All Levels)
  - 5:00pm-6:00pm *Restorative Yoga for Deep Relaxation* (All Levels)
  - 6:15pm-7:30pm *Selah Basics\** (All Levels/Beginner)
- \*Pre-registration Required

### FRIDAYS

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

### SATURDAYS

- 9:30am-10:45am *Mindful Flow* (Mixed Levels/Active)
- 11:00am-12:15pm *Basic Flow* (All Levels/Beginner)

### SUNDAYS - CLOSED



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

**PLEASE NOTE:** 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.

### BACK TO SCHOOL!

**%15 OFF Memberships** for Educators & Students with school ID.

### SELAH BASICS

**Starts August 8th!**  
**6:15pm-7:30pm**

4-week course designed for beginners.  
Pre-Registration required.  
Limited Spots!

### SPECIAL EVENTS

**Group Yoga Nidra** Sat 17th  
**Mommy's Day-In**  
Sat 24th | 12:30-1:45pm  
Pre-Registration Required  
**Yoga Picnic in the Park**  
Sat 31st | 10am-12pm

Family Friendly.  
Bring a sack lunch, and park & check-in at the studio

### FLEXIBLE MEMBERSHIPS

**Choose a level that fits your time & budget!**  
**Inquire Today!**

Discounts for Seniors, Military, Teachers & First Responders.

**Inquire About Private Individual and Group Classes**