

# SELAH YOGA

A REFLECTIVE PAUSE

YOGA FITNESS DANCE

## October 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 Lite Combo: Slow Flow/Yin/Restore* (All Levels)

### TUESDAYS

- 4:30pm-5:30pm *Gentle Stretch & Restore* (All Levels)
- 6:15pm-7:30pm *Medium Combo: Mild Flow/Deep Yin Openers* (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)
- 6:15pm-7:45pm *Fundamental Upper-Body Strength Yoga* (All Levels/Active)

### THURSDAYS

- 12:30pm-1:30pm *Yoga for Seniors* CHAIR OPTIONAL (All Levels)
  - 6:15pm-7:30pm *Strength & Stability Yoga* STUDIO B (All Levels/Active)
  - 6:15pm-7:30pm *Selah Basics\** STUDIO A (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)
  - 11:15am-12:15pm *Beginner Yoga* (All Levels/Beginner)
- \*\*\* No 11:15am Class on Saturday, Oct. 5 - See Special Events \*\*\*

### 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.

### SELAH BASICS

Starts October 3rd!  
6:15pm-7:30pm  
4-week course designed for beginners.  
Pre-Registration required.  
Limited Spots!

### FUNDAMENTAL UPPER-BODY STRENGTH YOGA

Wednesdays at 6:15pm  
Get grounded in your upper-body work!  
(All Levels/Active)

### YOGA IN THE PARK

Saturday October 5th\*  
9:30am-10:30am  
All Levels Flow  
\$10 Donation (or as part of your Selah Membership)  
\*weather permitting

### 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**