

# PURA VIE YOGA

## MONDAY

9:00 AM Gentle

10:30 AM Vinyasa  
Flow

5:00 PM Senior

6:30 PM Meditation

## TUESDAY

9:00 AM Gentle

10:30 AM Yin

5:00 PM Vinyasa  
Flow

6:30 PM Yin

## WEDNESDAY

9:00 AM Vinyasa  
Flow

10:30 AM  
Restorative

5:00 PM Gentle

6:30 PM Vinyasa  
Flow

## FEBRUARY 2019 SCHEDULE

\*Sat. 9 AM Senior  
Yoga on Feb. 9 and  
Feb. 23.

Classes May be  
Subject to Change.  
Follow us to stay  
updated. Reservations  
are recommended.

1st. Class Free, \$15.00  
per class after. Mats  
are included. 9  
students max per  
class.



@puraviespa



@puravie

## THURSDAY

9:00 AM Gentle

10:30 AM Yin

## FRIDAY

9:00 AM Gentle

10:30 AM  
Restorative

5:00 PM Senior

6:30 PM Kundalini

## SATURDAY

9:00 AM  
Gentle/Senior\*

10:30 AM Vinyasa  
Flow