



Coastal Bliss Yoga Schedule

1180 Pacific Rim Hwy · Tofino, BC · www.coastalblissyoga.com · info@coastalblissyoga.com



Tribal Parks Allies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM - 8:00AM Power	7:00AM - 8:00AM Hatha	7:00AM - 8:00AM Vinyasa	7:00AM - 8:00AM Hatha	7:00AM - 8:00AM Power	9:00AM - 10:00AM Beach Yoga	9:00AM - 10:00AM Beach Yoga
11:00AM - 12:00PM Yang/Yin	11:00AM - 12:15PM Yang/Yin	11:00AM - 12:00PM Yang/ Yin	11:00AM - 12:00PM FOUNDATIONS Community Yoga <i>\$7-20 Sliding Scale</i>	9:00AM - 10:00AM Beach Yoga	11:00AM - 12:15PM Hatha	9:30AM - 10:30AM ALL WELCOME Meditation <i>\$2 donation</i>
6:00PM - 7:15PM Vinyasa	6:00PM - 7:15PM Hatha	6:00PM - 7:15PM Vinyasa	6:00AM - 7:15PM Hatha	6:00PM - 7:15PM Vinyasa	7:45PM - 8:45PM Restorative	11:00AM - 12:15PM Foundations
7:45PM - 8:45PM FOUNDATIONS Community Yoga <i>\$7-20 Sliding Scale</i>	7:45PM - 8:45PM Yin	7:45PM - 8:45PM Restorative	7:45PM - 8:45PM Yin	7:45PM - 8:45PM Yin	Workshops & Special Events COASTALBLISSYOGA.COM	6:00PM - 7:15PM Hatha
						7:45PM - 8:45PM Yin & Nidra

Pre-registration is recommended at coastalblissyoga.com or with the Mindbody app

Limited drop in spaces are available

Class Passes & Unlimited Monthly Passes available / \$21 Studio Class / \$12 Beach Class

For our library of online classes visit coastalblissyogaonline.vhx.tv

At Coastal Bliss Yoga we are committed to skillfully teaching the art and science of yoga. It is our aim to hold an inclusive community space that supports growth, well-being and diversity. For more information visit coastalblissyoga.com

