



Coastal Bliss Yoga Schedule

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Tribal Parks Allies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM - 8:00AM Morning Vinyasa	7:00AM - 8:00AM Hatha	7:00AM - 8:00AM Vinyasa	7:00AM - 8:00AM Hatha	7:00AM - 8:00AM Power	11:00AM - 12:15PM Hatha	9:30AM - 10:30AM ALL WELCOME Meditation <i>\$2 donation</i>
11:00AM - 12:00PM Yang/Yin	11:00AM - 12:15PM Foundations	11:00AM - 12:00PM Yang/ Yin	11:00AM - 12:00PM FOUNDATIONS Community Yoga <i>\$7-20 Sliding Scale</i>	11:00AM - 12:00PM 55 or Better	4:30PM - 5:45PM Vinyasa	11:00AM - 12:15PM Foundations
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	Workshops & Special Events COASTALBLISSYOGA.COM	6:00PM - 7:15PM Hatha
7:45PM - 8:45PM FOUNDATIONS Community Yoga <i>\$7-20 Sliding Scale</i>	7:45PM - 8:45PM Yin/Restorative	7:45PM - 8:45PM Restorative	7:45PM - 8:45PM Yin			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 / \$23 Studio 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

