



# Coastal Bliss Yoga Schedule

1180 Pacific Rim Hwy · Tofino, BC · [www.coastalblissyoga.com](http://www.coastalblissyoga.com) · [info@coastalblissyoga.com](mailto:info@coastalblissyoga.com)



Tribal Parks Allies

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

Pre-registration is recommended at [coastalblissyoga.com](http://coastalblissyoga.com) or with the new Coastal Bliss Yoga app

**Class Passes & Unlimited Monthly Passes available / \$23 Studio Class**

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](http://coastalblissyoga.com)

