



MOMENTOUS MAY 31 DAYS OF YOGA



Tribal Parks Allies

VISIT COASTALBLISSYOGA.COM TO BOOK YOUR SPOT

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GET UNLIMITED YOGA FOR \$150

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|--|
| | | | 1 7am Vinyasa 11am Yang/Yin 6pm Vinyasa 7:45pm Restorative | 2 7am Hatha 11am Community Yoga* 6pm Hatha 7:45pm Yin | 3 7am Power 11am 55 or Better FREE 6pm Dancing with the Divine 7:30pm Bodhi Bliss | 4 9am Journey through the Chakras 11am Hatha 2-6pm Yang / Yin Acro Yoga** |
| 5 9:30am Meditation 11am Foundations 4:30pm Vinyasa 7pm Restorative | 6 7am Vinyasa 9am Journey through the Chakras 11am Yang/Yin 6pm Vinyasa 7:45pm Community Yoga * | 7  7am Hatha 9am Qigong 11am Foundations 6pm New Moon Flow 7:45pm Yin/Restorative | 8 7am Vinyasa 9am Yin Yoga & Recovery 11am Yang/Yin 6pm Vinyasa 7:45pm Restorative | 9 7am Hatha 9am Qi Gong 11am Community Yoga* 6pm Hatha 7:45pm Yin | 10 7am Power 11am 55 or Better FREE 6pm Dancing with the Divine 7:30pm Bodhi Bliss | 11 9am Journey through the Chakras 11am Hatha 4:30pm Vinyasa 7pm Reflexology & Restorative Yoga |
| 12 9:30am Meditation 11am Foundations 4:30pm Vinyasa 7pm Yoga Nidra | 13 7am Vinyasa 9am Journey through the Chakras 11am Yang/Yin 6pm Vinyasa 7:45pm Community Yoga * | 14 7am Hatha 9am Qigong 11am Foundations 6pm Hatha 7:45pm Yin/Restorative | 15 7am Vinyasa 9am Yin Yoga & Recovery 11am Yang/Yin 6pm Vinyasa 7:45pm Restorative | 16 7am Hatha 9am Qi Gong 11am Community Yoga* 6pm Sattva Yoga 7:45pm Yin | 17 7am Power 11am 55 or Better FREE 6pm Vinyasa | 18 9am Journey through the Chakras 11am Hatha 4:30pm Sattva Yoga |
| 19 9:30am Meditation 11am Foundations 4:30pm Vinyasa 7pm Dream Sleep Restorative Sound Journey** | 20 7am Vinyasa 9am Journey through the Chakras 11am Yang/Yin 6pm Vinyasa 7:45pm Community Yoga * | 21 7am Hatha 9am Qigong 11am Foundations 6pm Hatha 7:45pm Yin/Restorative | 22  7am Vinyasa 9am Yin Yoga & Recovery 11am Yang/Yin 6pm Full Moon Flow 7:45pm Restorative | 23 7am Hatha 9am Qi Gong 11am Community Yoga* 6pm Sattva Yoga 7:45pm Yin | 24 7am Power 11am 55 or Better FREE 6pm Dancing with the Divine 7:30pm Bodhi Bliss | 25 9am Journey through the Chakras 11am Hatha 1pm Strong Grounded Vinyasa** 4:30pm Sattva Yoga |
| 26 9:30am Meditation 11am Foundations 4:30pm Vinyasa 7pm Restorative | 27 7am Vinyasa 9am Journey through the Chakras 11am Yang/Yin 6pm Vinyasa 7:45pm Community Yoga * | 28 7am Hatha 9am Qigong 11am Foundations 6pm Hatha 7:45pm Yin/Restorative | 29 7am Vinyasa 9am Yin Yoga & Recovery 11am Yang/Yin 6pm Vinyasa 7:45pm Restorative | 30 7am Hatha 9am Qi Gong 11am Community Yoga* 6pm Hatha 7:45pm Yin | 31 7am Power 11am 55 or Better FREE 6pm Dancing with the Divine 7:30pm Bodhi Bliss | *Sliding scale pricing from \$7 **Special event pricing, see website for details |

JOIN US TO CELEBRATE YOGA THIS MAY

