



April 2024

yogalane.com for updates and registration



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>No Classes April 1</p> <p>5:15pm Beginner's Yoga 1</p> <p>6:30pm Vinyasa Yin 1-2</p>	<p>9:30am Vinyasa Flow 1-2</p> <p>11:00am Chair + Mat 1</p> <p>5:15pm Strength & Stretch 1-2</p> <p>6:30pm Easy Stretch & Guided Relax 1</p>	<p>9:30am Strength & Stretch 1-2</p>	<p>9:30am Gentle Yoga 1</p> <p>5:30pm Ashtanga Yoga 2+</p>	<p>9:30am Vinyasa Yin 1-2</p> <p>11:00 am Chair + Mat 1</p>	<p>9:30am Saturday Recharge 1</p>

<p>1: Beginners 1-2: Mixed Levels 2+: Ready for a Challenge</p> <p>Pricing: \$15 per class 5 class pack \$70 10 class pack 30 \$85 Monthly Unlimited</p> <p>Facebook and Instagram: yogalaneyoga</p>	<p>Full Moon Yoga Flow (1 Year Anniversary!) Wednesday, April 24 6:00 pm</p>  <p>yogalane.com</p>	<p>You're Invited!</p> <p>Lunch at Bistro 150 Wednesday, 4/3 11:30 am</p> <p>Mayo River Park Hike Meet at the Studio! Thursday 4/11 @ 11</p>	<p>Friends of YL</p> <p>Yoga for Larger Bodies Sundays @ 11 Meetup.com for info</p> <p>Sound Bath Event Friday, 4/19 7:00 pm amystichaven.com</p>
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