



INNER BLISS

YOGA & MEDITATION SCHEDULE

MONDAY

- Open Meditation (FREE) 5:30 AM
- ★ Morning Fire Sakuta Yoga 6:30 AM
- ★ Bikram Original Hot Yoga 9:30 AM
- Sakuta Yoga 12:00 PM
- ★ Bikram Original Hot Yoga 6:30 PM

TUESDAY

- Open Meditation (FREE) 5:30 AM
- ★ Bikram Original Hot Yoga 9:30 AM
- ★ Bikram Original Hot Yoga 4:30 PM
- Sakuta Yoga 6:30 PM

WEDNESDAY

- Open Meditation (FREE) 5:30 AM
- ★ Morning Fire Sakuta Yoga 6:30 AM
- ★ Bikram Original Hot Yoga 9:30 AM
- Sakuta Yoga 12:00 PM
- Hatha Shambhava Yoga 5:00 PM
- ★ Bikram Original Hot Yoga 6:30 PM
- Beginner Meditation Course 6:30 PM
(Registration Required)

THURSDAY

- Open Meditation (FREE) 5:30 AM
- ★ Bikram Original Hot Yoga 9:30 AM
- ★ Bikram Original Hot Yoga 4:30 PM
- Yin Yoga 6:30 PM

FRIDAY

- Open Meditation (FREE) 5:30 AM
- ★ Morning Fire Sakuta Yoga 6:30 AM
- ★ Bikram Original Hot Yoga 9:30 AM
- Sakuta Yoga 12:00 PM
- ★ Bikram Original Hot Yoga 4:30 PM
- Sakuta Yoga 6:30 PM

SATURDAY

- Guided Meditation (FREE) 8:30 AM
(Metta/Loving-Kindness)
- ★ Bikram Original Hot Yoga 10:00 AM
- Children's Meditation Course 10:30 AM
(Registration Required)

SUNDAY

- Open Meditation (FREE) 10:00 AM
(1st & 3rd Sunday only)
- ★ Silent Candlelight Bikram Yoga 6:30 PM
followed by Yin Opening Asana
(about 20 min, optional)*

Classes with a star are taught in a heated room. All Classes are beginner-friendly!

New Client Special!

30 Days of
Unlimited Yoga
for \$40!