

BloomYoga.Studio July 2018

MONDAY	
9:00 AM	Beginner Yoga & Meditation with Whitney
12:00 PM	Flow and Go with Deborah
5:30 PM	Trauma Sensitive Yoga with Whitney
TUESDAY	
9:00 AM	Yoga Flow with Rachel
5:30 PM	Yoga all levels with Leighanne
6:45 PM	Restorative Yoga with Leighanne
WEDNESDAY	
9:00 AM	Yoga all levels with Leighanne
3:00 PM	Beginner Back Care Chair Yoga with Leighanne
4:30 PM	Beginner Yoga & Meditation with Leighanne
6:00 PM	Gentle Yoga Flow with Rachel
THURSDAY	
9:00 AM	Yoga & Meditation with Whitney
5:30 PM	Beginner Yoga with Leighanne
5:30 PM	Broga® Yoga with Allen in Studio B
FRIDAY	
9:00 AM	Yoga all levels with Leighanne \$20/class
SATURDAY	10 class pack \$120
9:00 AM	Yoga Flow with Rachel \$75/month

10 class packs expire three months from date of purchases.
Students, Teachers, and Military prices are \$100/10 class pack.

Upcoming Events

Ribbon Cutting Thursday, Aug. 9 at 10:30

Open House Saturday, Aug. 11

Kids Yoga K-5th Saturday, June 30, 10-11am

Restorative Sunday, July 22 & Aug. 19, 2-4pm
Rewind and Relax deeply with Leighanne.

◀ **Yoga & Silence Retreat**

Aug. 24-25 with Whitney at Sisters of Mercy Convent in Nashville

◀ **Prayerful Yoga Retreat**

Sept. 28-30 with Leighanne at St. Mary's in Sewanee, TN

Yoga Teacher Trainings

Register: [online at BloomYoga.Studio](http://online.atBloomYoga.Studio)



Individual sessions available by appointment.

Whitney 615.200.7255 Rachel 615.425.6916 Leighanne 615.788.9781

Yoga, Meditation, Healing Prayer, Reiki, Spiritual Direction