Blue Sky Yoga

March 2020

Class Schedule

Monday
5:30-6:45pm: Vinyasa Yoga Flow (All Levels) | Cheryl
7:00-8:30pm: Sutra, Shakti, Savasana | Billy
Class on 3/9 will be held upstairs in Suite 215

Tuesday
4:30-5:45pm: Beginner Yoga | Lauren
6:30-8:00pm: Slow Pose Yin | Abby

Wednesday
4:30-5:30pm: Restorative Yoga | Cheryl H
5:30-6:45pm: Vinyasa Yoga Flow (All Levels) | Cheryl
7:00-8:00pm: Let Go Flow | Lauren

Thursday
5:00-6:00pm: Beginner Yoga | Jessica
6:00-7:15pm: Vinyasa All Levels Flow | Lauren
7:30-8:45pm: Tribal Belly Dance | Sabrina
No Tribal Belly Dance on 3/12

Friday
No classes 1st Friday
10:30-11:45am: Gentle Yin Yoga | Christy
7pm-8:30pm: Community Kirtan!

Saturday
8:30-9:45am: Pranayam (Breathwork) | Baba
10:30-11:45am: Vinyasa Yoga (All Levels) | Cheryl
1:30-2:45pm: Vinyasa Yoga (Intermediate) | Jen Knox

Sunday
10:30-11:30am: Sacred Sunday Flow | Cheryl
1:30-2:30pm: Vinyasa Yoga (All Levels) | Cheryl
3:00-4:30pm: Kundalini Yoga | Sabrina

ALL CLASSES ARE DONATION BASED

Suggested Donation: $12

Located inside of the Arts Factory on Charleston & Main:
107 E. Charleston Blvd.

Special Events

Monday 3/9 7:00-9:30pm
Full Moon Sound Ascension with
Coleen McMillian & Eric Cavell Brown
A beautiful & magical experience of Sound Healing, Shamanic Journey & live medicine music. Colleen & Eric are Reiki Masters, Shamanic Healers and Medicine Musicians that use music and sound to facilitate a deep journey of the self. $44 required donation at the door.

Saturday 3/14 3:00-4:00pm
Kids & Family Yoga with Cheryl
Kids ages 5-12 & family members are welcome for some fun and yoga!

Sunday 3/15 8:30-9:45am
Pranayam (Breathwork) Workshop with Baba
Learn the basic techniques of pranayam with a master.

Saturday 3/21 3:00-4:30pm
Asana, Meditation & Aromatherapy with Cheryl & Mike of "Mike's Recovery"
Come for this magical combination of guided meditation, asana, and beyond amazing aromas and understand their positive effects on your brain.

Friday 3/27 5:30-7:30pm
Hug Healing with Billy, Diana & Kevin
Come experience hug healing! All are welcome! Everyone gets hugged!

Saturday 3/28 3:00-4:00pm
Chair Yoga for all abilities with Cheryl
Safe and comfortable chair modifications for all abilities to optimize the benefits and experience of yoga.

Saturday 3/28 4:00-5:30pm
Yin-Inspired & Aromas with Nina
A style of yoga that stimulates meridian energy, increases circulation, builds bone density, improves flexibility, elevates focus and patience. Be inspired as you enjoy tantalizing essential oil based aromas through calming poses. Suggested donation $25. All are welcome!

Private Yoga, Reiki Healing & Studio Rental Available!

Looking for Artists to display their work on 1ST Friday & throughout the month!
Contact Cheryl via text at 702-592-1396