

Deepen Your Practice This Winter
with

Christ's Light Yoga

Therapeutic Yoga

TUESDAYS

FRIDAYS

9:30 - 11:00 AM • Gym

8:00 - 9:30 AM • Gym

Bikram-Ease

Vinyasa Flow

TUESDAYS

THURSDAYS

4:15 - 6:00 PM • Rm 8

3:00 - 4:30 PM • Rm 8

Yachats Commons

Donations Accepted • Call Altruh 541-547-4138

Please Join Us Fragrance Free