

Christ's Light Yoga

Spring into Yoga

with Altruh

PATH
SOURCE
HEART
INTENT
ENERGY

Class Schedule

starting March 6th 2018



**Therapeutic
Yoga**

Tuesdays

9:30 - 11:00 AM



**Vinyasa
Flow for
Beginners**

Thursdays

3:30 - 4:45 PM



**Bikram
Ease**

Fridays

starting April 6th

Please
Join Us
Fragrance
Free

Yachats Commons

Room 8

Donations Accepted • call 541-547-4138 for info