

Christ's Light Yoga

Spring into Yoga

with Altruh

PATH
SOURCE
HEART
INTENT
ENERGY

2018 Class Schedule

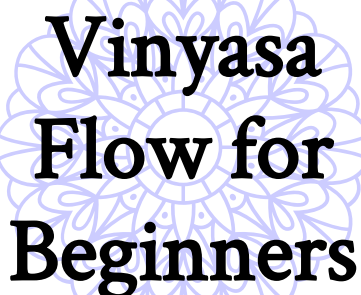


**Therapeutic
Yoga**

Tuesdays

9:30 - 11:00 AM

Gym



**Vinyasa
Flow for
Beginners**

Thursdays

3:00 - 4:30 PM

Room 8



**Bikram
Ease**

Tuesdays

4:00 - 6:00 PM

Starting May 1st

Please
Join Us
Fragrance
Free

Yachats Commons

Donations Accepted
call 541-547-4138 for info