

Christ's Light Yoga

*New Class!*

with Altruh

PATH  
SOURCE  
HEART  
INTENT  
ENERGY

# Bikram-Ease

*Tuesdays*

4:00 - 6:00 PM

Room Temp - Full Bikram form  
focusing on fundamentals in a meditative flow

Therapeutic Yoga

*Tuesdays*

9:30 - 11:00 AM • Gym

Vinyasa Flow for Beginners

*Thursdays*

3:00 - 4:30 PM • Room 8

Please  
Join Us  
Fragrance  
Free

*Yachats Commons*

Donations Accepted  
call 541-547-4138 for info