

Christ's Light Yoga

Summer is Here!

with Four on the Floor

PATH
SOURCE
HEART
INTENT
ENERGY

Morning Therapeutic Hatha

Great for Beginners

Tuesdays

9:30 - 11:00 AM • Gym

Fridays

8:00 - 9:30 AM • Gym

Bikram-Ease

Tuesdays

4:15 - 6:00 PM • Room 8

Room Temp - Full Bikram Form
fundamentals of meditative flow

Vinyasa Flow

Thursdays

3:00 - 4:30 PM • Room 8

Energetic Full Body movement
(Beginning to Intermediate)

Please
Join Us
Fragrance
Free

Yachats Commons

Donations Accepted

Contact Altruh at 541-547-4138