



2018 FALL SCHEDULE

Unheated

85 degrees

95-105 degrees

FAMILY

Begins Sept 10th

A Class for Every Body

	MON	TUES	WED	THURS	FRI	SAT	SUN
600AM		Fusion 1hr		Fusion 1hr			
8AM						Hot Hatha 75min Flow 75min	
9AM	Flow 75min		Flow 75min		Flow 75min		Hot Hatha 75min Flow w/Meditation 90min
930AM	9:15 – 10:30 Prenatal	Hot Hatha 75min		Hot Hatha 75min			
10AM						Sculpt Yoga 1hr	
1030AM	10:45-11:45 Postnatal Yoga	Gentle 75min		Gentle 75min	11AM: Gentle w/ Meditation 75min	Gentle/Yin 90min	11AM: Gentle w/ Yoga Nidra 75min
NOON	Hot/Flow Fusion 1hr	12:15-1:15 FREE: Yoga Basics	Hot/Flow Fusion 1hr		Hot/Flow Fusion 1hr		
100PM						Hot/Flow Fusion 1hr	Hot/Flow Fusion 1hr
400PM						Hot Hatha 75min Slow Flow 75mins	Hot Hatha 90min Gentle/Yin 90min
410PM	Slow Flow 1hr	Sculpt Yoga 1hr Kids Yoga Ages 5-9*	Slow Flow w/ Yoga Nidra 65min	Sculpt Yoga 1hr Kids Yoga Ages 8-13*	Slow Flow 1hr		
530PM	Hot Hatha 75min Flow 75min	Hot Hatha 75min Flow 2 75min	Hot Hatha 75min	Hot Hatha 75min Flow 2 75min	Hot Hatha 75min** Flow*** 1hr		
600PM			Yin Flow w/ Yoga Nidra 75min			2727 Westmoor Ct SW Olympia, WA 98502 (360) 830-6556	
700PM	Gentle Restorative 1hr	Candlelit Slow Flow 1hr	Sculpt Yoga 1hr	Candlelit Slow Flow 1hr		www.true self.yoga \$30 Two-Week Unlimited Yoga 1 st time special for WA residents	

*Kids Yoga 1hr sessions run 9/13- 12/18

**Silent Hot Hatha

***Friday \$5 Community Flow – Donations for Youth Scholarships