

ASHES YOGA

FEBRUARY SCHEDULE

MONDAY

10:00am	Yoga Flow	Ashley
12:00pm	All Levels Yoga	Kay
6:30pm	Yoga 50/50	Adrienne H.

TUESDAY

9:30am	Yoga Flow	Dianne
4:45pm	Yoga for Strength	Ashley
6:00pm	Essential Oils Yoga	Ashley

WEDNESDAY

10:00am	Yoga Flow	Jenn
12:00pm	All Levels Yoga	Sandy
6:30pm	Yoga Flow	Catherine

THURSDAY

9:30am	Yoga Flow	Lang
4:45pm	Yoga for Strength	Ashley
6:00pm	Yoga for Relaxation	Adrienne H.

FRIDAY

10:00am	All Levels Yoga	Sandy
11:30am	Toddler Yoga	Ashley

SATURDAY

8:30am	Ashtanga Vinyasa*	Ashley
6:30pm	Yoga for Relaxation	Starts Feb 15

SUNDAY

9:00am	Yoga Flow	Adriann B.
5:00pm	Yoga 50/50	Chelsea

Register online or the MINDBODY app.
Schedule subject to change without notice.

* Saturday classes will include YTT students.
Pre-registration is recommended.

POULSBOYOGA.COM | 360-930-9550
1896I Front Street NE, Poulsbo, WA 98370

ASHES YOGA

18961 FRONT STREET NE, POULSBO, WA

ALL LEVELS YOGA

A slow flow class with time to explore in the various postures, breath and meditation techniques. Great for beginners and beneficial to all levels.

YOGA FLOW

A unique and creative yoga class with focus on connecting breath with movement. Each teacher's style is unique.

YOGA FOR RELAXATION

A slow moving, contemplative, gentle yoga class with focus on mindfulness and relaxation. Poses often held 5-7 minutes.

YOGA FOR STRENGTH

A moderately paced yoga class with focus on slowing down transitions and holding active postures to build strength.

YOGA 50/50

First half Yoga Flow practice.
Second half Yoga for Relaxation practice.

ESSENTIAL OILS YOGA

A yoga class incorporating 5-6 different essential oils. Class theme, oils and yoga style change each month.

CURRENT SCHEDULE AND SIGN UP AT
POULSBOYOGA.COM