

NOVEMBER SCHEDULE

MONDAY
10:00 – 11:15 FLOW FUSION
11:30 – 12:45 GENTLE
5:45 – 6:45 VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY
9:00 – 10:15 POWER YOGA
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:45 EASY FLOW W/ SOUND BATH
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY
7:00 – 8:00 HOT EMPOWER MORNING FLOW
9:00 – 10:00 YOGALATES SCULPT *NEW
10:30 – 11:30 WARM FLOW FUSION
5:45 – 7:00 YOGA FOR STRESS RELIEF
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY
9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
4:00 – 5:15 SUPER STRETCH
5:30 – 6:30 VINYASA
6:45 – 8:00 WEIGHTLESS AERIAL YOGA

FRIDAY
7:15 – 8:15 EMPOWER MORNING FLOW
9:30 – 10:45 TGIF YOGA
11:00 – 12:15 SUPER STRETCH
5:15 – 6:15 VINYASA
6:30 – 7:30 YOGAJUANA

SATURDAY
8:30 – 9:30 HOT YOGA
10:00 – 11:00 WARM YIN YOGA – DEEP STRETCH
11:15 – 12:45 HATHA & FASCIA YOGA

SUNDAY
10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:15 YIN YOGA – DEEP STRETCH
1:45 – 2:45 THE HEALING HOUR
4:00 - 5:30 ASHTANGA YOGA *WARM
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE

SPECIAL EVENTS

A Practice of Care: Rest & Restore for Caregivers with La Mor

Date: Saturday, November 7th
Time: 2:00 - 3:30 pm
Cost: $25

Bend & Brew

When: Saturday, November 14th
Where: World of Beer Brandon
Address: 2878 Providence Lake Blvd.
Back patio.
Time: 10:00 – 11:00 am
Cost: FREE
*Enjoy a complimentary draft beer or mimosa!

Sound Bliss: A Sound Healing Workshop with Dave

When: Saturday, November 14th
Time: 1:30–2:30 PM
Investment in Your Well-Being: $20

FREE Lakeside Yoga Thanksgiving with Diane

When: Thursday, November 26th
Time: 8:30 am
*All other classes canceled

Wild Women Moon Circle – Connection, Reflection & Sisterhood with Holly

When: Saturday, December 5th
New Moon in Sagittarius-Inspired Circle
Time: 2:00–4:30 PM
Investment: $35

THE YOGA HOUSE

The Yoga House 505 Eichenfeld Dr. Ste. 106 Brandon, FL 33511 Phone: 813-763-2522
www.TheYogaHouseBrandon.com email: info@TheYogaHouseBrandon.com