

Upcoming Events & News

Saturday, March 6th
1:00 PM – 5:30 PM

Chakra Dance and Flow
w/Courtney

Tuesday, March 9th, 8:30 PM

2nd Tuesday Lagniappe: Yoga Nidra
w/Aimee

Saturday, March 20th

8:00 AM – 4:00 PM

Spring Fling Open House

Join us for our 3rd Annual Open House! A day of fun and charity for the Friends of Jefferson Animal Shelter.

All classes are by donation, and instructors will be on-hand all day to answer questions and just have fun. Afternoon includes hourly raffles and prizes to include free private lessons, yoga supplies and more!

**Saturday March 20th
Extended Class Schedule:**

8:00 AM - 8:50 AM	Pilates	Casey
9:00 AM - 10:15 AM	Hatha Yoga	Elise
10:30 AM – 11:30 AM	Belly Dance Basics	Iona
1:00 PM - 2:15 PM	Yoga Booty Ballet	Courtney
2:30 PM - 3:15 PM	Restorative Yoga	Karen

Tapas Yoga & Movement Studio - March Calendar

Day	Time	Class	Instructor
Mon	9:00 AM - 10:15 AM	Hatha Yoga	Courtney
	6:00 PM - 7:15 PM	Hatha Flow	Amanda
	7:30 PM - 8:45 PM	Intro to Yoga 5-Week Session Session Dates: 2/22 - 3/22	Jen
Day	Time	Class	Instructor
Tues	9:00 AM - 9:45 AM	Gentle Yoga \$5 Class; No Passcards Please	Karen
	10:00 AM - 11:15 AM	Hatha Yoga	Karen
	11:30 AM - 12:30 PM	Restorative Yoga (FREE class reserved for those going through cancer and their caregivers)	Karen
	6:00 PM - 6:50 PM	Hatha Yoga	Michele
	7:00 PM - 8:15 PM	Hatha Yoga	Aimee
Day	Time	Class	Instructor
Wed	7:00 AM - 8:00 AM	Hatha Yoga	Elise
	9:00 AM - 10:15 AM	Hatha Yoga	Courtney
	6:00 PM - 7:15 PM	Hatha Yoga	Jen
	7:30 PM - 8:45 PM	Prenatal Yoga 6-Week Session Session Dates: 2/24 - 3/31	Jen
Day	Time	Class	Instructor
Thurs	9:00 AM - 9:45 AM	Gentle Yoga \$5 Class; No Passcards Please	Amanda
	10:00 AM - 11:15 AM	Hatha Yoga	Amanda
	6:00 PM - 6:50 PM	Belly Dance Basics: Tummy Toning 6-Week Session Dates: 2/25 - 4/01	Iona
	7:00 PM - 8:15 PM	Hatha Yoga	Courtney
Day	Time	Class	Instructor
Fri	9:00 AM - 10:15 AM	Hatha Yoga	Aimee
	6:00 PM - 7:15 PM	Yoga Booty Ballet 5-Week Session Session Dates: 2/19 – 3/26	Courtney
Day	Time	Class	Instructor
Sat	8:00 AM - 8:50 AM	Pilates	Casey
	9:00 AM - 10:15 AM	Hatha Yoga	Varies

New students are welcome in all ongoing classes. Pre-registration is required for all sessions only.

If you do not have a mat, we have them available for rent or purchase at the studio.

Please arrive 10 minutes before ongoing classes start to sign-in and prepare.