

HUMMINGBIRD YOGA STUDIO

FEBRUARY 2019

Red: Hot Yoga Green: Heated Yoga Purple: Warm Yoga Blue: Restorative

MONDAY

9:00-10:00 am	Hot Power Yoga	Ruth
3:30-4:15 pm	Kids Yoga	Katie
4:30-5:30 pm	Hot Flow	Izzy
6:00-7:15 pm	Hot Fusion	Miranda

TUESDAY

6:45-7:45 am	Hatha/Vinyasa Fusion	Angie or Nora
3:45-4:45 pm	THS Girls Soccer Team	Ruth <u>Private Class</u>
5:00-6:00 pm	Forrest Yoga	Leah
6:30-7:45 pm	Heated Vinyasa	Bria <u>No class 02/19</u>
7:45-8:00 pm	Guided Meditation	Bria
*7:00-8:30 pm	<u>Full Moon Circle</u>	Bria/Christine/Taryn <u>Event 02/19, \$15</u>

WEDNESDAY

9:00-10:00 am	Hot Power Yoga	Miranda
5:00-6:00 pm	Heated Flow	Nora
6:30-7:30 pm	Hot Yoga/Winter Athlete	Ruth

THURSDAY

6:45-7:45 am	Hatha/Vinyasa Fusion	Bria
4:30-5:30 pm	Vinyasa Level 1-2	Leah
6:30-7:30 pm	Restorative	Izzy

FRIDAY

9:00-10:15 am	Hot Power Yoga	Ruth
*10:45-11:30 am	Parent/Baby Yoga	Leah <u>\$Donation NEW Location</u>
*11:30-12:30 pm	Parent's Support Group	Leah <u>FREE NEW Location</u>
5:30-6:30 pm	Heated Flow	Rotate Instructors <u>\$5.00 Class</u>
*6:45-8:00 pm	<u>AcroYoga</u>	Patrick/Cheyenne <u>02/01 & 02/15</u>

Check out our WEEKEND classes and events on the back!

SATURDAY

9:30-10:30 am	Heated Flow	Christine
3:00-4:00 pm	Pre/Post Natal Yoga	Leah
4:30-5:30 pm	Post Powder Hot Yoga	Leah or Miranda

SUNDAY

9:30-10:30 am	Heated Flow/Restorative	Izzy or Christine
*2:00-3:10 pm	Soundbath/Restorative	Tracy/Karee <u>02/03</u> , Next class <u>03/03</u>
4:30-5:30 pm	Guided Meditation	Carolyn <u>02/10, 02/17, 02/24</u> NEW
<u>2:30-4:30 pm</u>	<u>Vision Board Workshop</u>	Taryn Weil <u>\$25.00</u> <u>01/10/19</u> NEW

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47 S. Main St. Driggs, Idaho Ruth G. 208-317-0994 www.1hummingbirdyoga.com

For the month of February, we will be sponsoring **Roots Tribe Yoga**, during their **#BeLove campaign!** A portion of all class fees plus donations will be given to RTY.

February Special: ALL YOU CAN YOGA, \$75.00!! (Events, \$15.00)

***Parent/Baby, Parent Support Group:** Classes will be held at the home of, Leah Ronnow, 105 N. 5th St. Driggs. Please call Leah, 801-842-2773, if you have questions.

***AcroYoga: Feb. 01 & 15, 6:45-7:45 pm. \$15.00 per person or punch card.**

***Sound Bath: Feb. 03, 2:00-3:10 pm. \$15.00 With Tracy Baumann, Tibetan Singing Bowls. Karee Miller vocals/guitar. Next event, March 03, 2:00-3:10 pm.**

***Full Moon Circle: Feb. 19, 7:00-8:30 pm. \$15.00. With Bria, Taryn, and Christine. Next event date in March to be announced, 7:00-8:30 pm.**

Memberships are available for unlimited yoga!! Please ask a staff member for more details or to purchase a 1, 3, 6, or 12 month membership.

Drop in: \$15.00

Kids: \$5.00

Teens: \$6.50

Punch Cards:

5 classes - \$65.00

10 classes - \$120.00

15 classes - \$165.00

20 classes - \$200.00



Looking for a great Valentine gift? Gift Certificates are available!