

# HUMMINGBIRD YOGA STUDIO

March 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	Instructors	
7:45-8:00 pm	Guided Meditation	Instructors	

## WEDNESDAY

9:00-10:15 am	Hot Power Yoga	Miranda	<u>Last 15 min. optional</u>
5:30-6:30 pm	Heated Flow	Nora	
*6:30-7:30 pm	Open Gym, "Triple P"	Ruth	<u>Only 03/13 &amp; 03/20</u> <b>\$5</b>
* <u>7:00-8:30 pm</u>	<u>New Moon Circle</u>	Bria/Christine/Taryn	<u>Event 03/06, Sign up \$15</u>

## THURSDAY

6:45-7:45 am	Hatha/Vinyasa Fusion	Instructors
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>NEW Location</u> <b>\$Donation</b>
*11:30-12:30 pm	Parent's Support Group	Leah	<u>NEW Location</u> <b>\$FREE</b>
5:30-6:30 pm	Heated Flow	Instructors	<b>\$5</b>

Check out our WEEKEND classes below!!

## SATURDAY

9:30-10:30 am	Heated Flow	Instructors
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	Instructors
*2:00-3:15 pm	Soundbath/Restorative	Tracy/Karee <u>03/03</u> \$15
2:00-4:30 pm	Sunday Spa Day	Practitioners <u>03/31</u> Early sign up \$40
3:00-4:15 pm	Hatha/Vinyasa Fusion	Taryn <u>03/10, 03/17, 03/24</u>
4:30-5:30 pm	Guided Meditation	Carolyn <u>03/10, 03/17, 03/24</u>
6:30-7:45 pm	AcroYoga	Cheyenne/Patrick <u>03/03, 03/17</u> \$10

## HUMMINGBIRD YOGA STUDIO

47 S. Main St. Driggs, Idaho Ruth G. 208-317-0994 [www.1hummingbirdyoga.com](http://www.1hummingbirdyoga.com)

**March Special:** Open Gym, "Triple P" Class, \$5, March 13 & 20. No class March 27. This class is dedicated to your personal pose practice. Maybe you have been wanting to progress in arm balances, inversions, or any other pose that has been intimidating you. This class is there for you. Each student will work on their own practice with the guidance of Ruth there to assist in any practice of your choice.

During the month of March, a portion of all class fees and any donations will be given to a local family of five, in need of extra financial assistance toward hospital bills.

**\*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.

**\*Sound Bath:** March 03, 2:00-3:15 pm. \$15.00 With Tracy Baumann, Tibetan Singing Bowls. Karee Miller vocals/guitar. Next event, April 07, 2:00-3:15 pm.

**\*New Moon Circle:** March 06, 7:00-8:30 pm. Sign up for \$15.00, or \$20 day of. With Bria, Taryn, and Christine. Next Moon Circle date in April, to be announced.

**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