

HUMMINGBIRD YOGA STUDIO

April 2019

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

SUNDAY

9:30-10:30 am **Heated Flow/Restorative** Instructors
*2:00-3:15 pm **Soundbath/Restorative** Shoshoni/Ruth 04/07 **Event \$15**

MONDAY

9:00-10:15 am **Hot Power Yoga** Ruth
5:30-6:30 pm **Vinyasa Flow** Instructors

TUESDAY

6:45-7:45 am **Hatha/Vinyasa Fusion** Angie or Nora
4:30-5:30 pm **Heated Flow** Instructors

WEDNESDAY

9:00-10:15 am **Hot Power Yoga** Miranda
*6:15-7:45 pm **Open Gym, "Triple P"** Ruth **\$10 Class**

THURSDAY

4:30-5:30 pm **Warm Hatha** Leah or Connie
*7:00-8:30 pm **New Moon Circle** Taryn Event 04/04, **Sign up \$15**

FRIDAY

9:00-10:15 am **Hot Power Yoga** Ruth or Miranda
5:30-6:30 pm **Heated Flow** Instructors **\$5 Class**

SATURDAY

9:30-10:30 am **Heated Flow** Instructors

We have a number of our instructors away for April-May.

Please come and enjoy the classes we have available during our Spring Season.

HUMMINGBIRD YOGA STUDIO

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

April donation going to RUES, 4th grade class, for classroom supplies.

April Special: Open Gym, "Triple P" Class, Wednesdays, 6:15-7:45 pm, \$10.

This class is dedicated to your personal pose progression. This is your time, your practice, your personal flow. Maybe you have been wanting to progress in arm balances, inversions, or any other pose that you are feeling inspired to achieve. Each student will work on their own practice with the guidance of Ruth there to assist in any practice of your choice. This class is quiet other than the breath, the motion of movement, and relaxing music. The lights are dim, the room is heated to 90°F, humidity set at 45%. You may stay for the 1.5 hours, or leave early.

***Sound Bath:** Next event, **April 07, 2:00-3:15 pm. \$15.00** With Shoshoni Despain, Crystal Singing Bowls. Ruth Graupner, vocals/guitar. Next event, **May 5, 2:00-3:15**

***New Moon Circle:** **April 4, 7:00-8:30 pm. Sign up \$15.00/ \$20 day of.** With Taryn Weil. Next Moon Circle date in May, to be announced. With Bria, Christine, Taryn.

Drop in: \$15.00 Teens: \$6.50

Punch Cards expire after one year from date of purchase.

5 classes - \$65.00 10 classes - \$120.00

15 classes - \$165.00 20 classes - \$200.00

Memberships are available for unlimited yoga!!

Please ask a staff member for more details or to purchase

1, 3, 6, or 12 month membership.