

HUMMINGBIRD YOGA STUDIO

MAY 2019

Red: Hot Yoga Green: Heated Yoga Purple: Warm Yoga Blue: Room Temp.

SUNDAY

9:30-10:30 am Heated Flow/Restorative Leah
*2:00-3:15 pm Soundbath Tracy/Karee **Next Event 05/12 \$15**
*2:00- 4:30 pm Sunday Spa Day Instructors/Practitioners **Event: 05/19**

MONDAY

9:00-10:15 am Hot Power Yoga Ruth
5:30-6:30 pm Hatha/Vinyasa Christine

TUESDAY

4:30-5:30 pm Yoga Basics Connie
6:30-7:45 pm Vinyasa Bria

WEDNESDAY

9:00-10:15 am Vinyasa Level 1-2 Leah
5:30-6:30 pm Hatha/Vinyasa Bria
*7:00-8:30 pm Full Moon Circle Bria/Christine/Taryn **Event 05/15**

THURSDAY

4:30-5:45 pm Forrest Yoga Leah
6:30-7:45 pm Vinyasa Christine

FRIDAY

9:00-10:15 am Hot Power Yoga Ruth
5:30-6:30 pm Heated Flow Rotate Instructors **\$5.00 Class**

SATURDAY

9:30-10:30 am Heated Flow Christine

HUMMINGBIRD YOGA STUDIO

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

Mother's Day Special: 35% off selected Yoga Apparel and Boutique items. May 5-12. Gift Certificates also available.

***Soundbath:** May 12, 2:00-3:15 pm. Mother's Day Special, 35% off selected Yoga apparel and boutique items. Karee Miller Jaeger, vocals/guitar and Tracy Baumann, Tibetan singing bowls. Next event, June 02, 2:00-3:15 pm.

***Full Moon Circle:** May 15, 7:00-8:30 pm. \$15.00 early sign up or \$20 day of. With Bria, Taryn, and Christine.

***Sunday Spa Day:** May 26, 2:00-4:30 pm. \$40 early sign up or \$50 day of. You will be given the opportunity to experience the work of our wonderful instructors and practitioners. These events may include but are not limited to: gentle heated yoga, Thai massage, heart-light alignment, restorative yoga, meditation, chakra alignment, and the crystal singing bowls. More information to come out soon.

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. A one time, non-refundable membership fee of \$50 will be added to membership price and total amount is to be paid in full on day of agreement.

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