

Give yourself permission to be yourself.

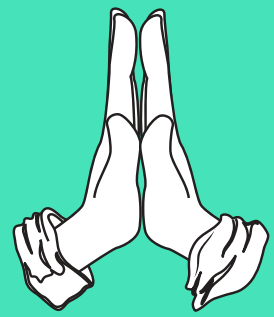
# PRACTICE INDIE SCHEDULE CHANGES & UPDATES



How to know what happened to your favorite classes, and how they'll be EVEN BETTER!

## ALL LEVELS VINYASA = ALIGNMENT FLOW AND FLOW & GO

You are just too amazing yogis! We outgrew our 'one size fits all practice' and now we will encompass all you loved about All Levels Vinyasa in Alignment Flow (more stop and go/workshop feel) and Flow & Go (more true vinyasa flow + heat to 85/90 degrees!



## YOGA FOR ATHLETES IS NOW OFFERED IN THREE WAYS

We will be sunsetting the class called Yoga for Athletes to offer more opportunities for those athletes! Being an athlete means many different things. From a yoga practice perspective: recovery, supplementation and injury prevention/healing. We will have 3 classes to support each different part: **The Exorcism, Steadfast & Slow and Willful Surrender**. Check them all out!



## LIKE IT HOT OR NOT? WE OFFER BOTH NOW!

Many people have asked for hot classes, and others have said 'hell no, we won't go' so we'll have both! Anything labeled Flow & (insert class here) will be a heated class (85-95 degrees). Anything else will either be at room temp or slightly warm. The upstairs studio (the Glitter Dome) will be the only studio with the heat panels, so if your class takes place there, there's a chance it's heated. We will also have sweat towels to rent, Sweaty Bettys!



## JUST A QUICKIE...

Love the lunch hour to practice, but don't have the time to devote an hour? Tuesday and Thursday noon classes will be Express, meaning 45 minutes long! If you can stay for the full hour, the last 15 minutes will be extended savasana and meditation.

