



ABOUT OUR CLASSES:

We are a hybrid studio offering in-person and live streamed classes 7 days a week. Our classes are geared for all levels of experience. Please tell the instructor if you are new. We offer workshops and series to deepen your individual practices, so that all classes are accessible. Most classes are beginner friendly - please note we recommend experience for some noted by (E) on schedule. Classes are available to ages 13+ with a parent/caregiver in attendance.

NEW STUDENT SPECIAL

30 Days Unlimited Classes • \$39

(expires 30 days from purchase)

GENERAL SCHEDULE PRICES

Drop-in • \$15

10 pack • \$127

(expires 3 months from purchase)

MEMBERSHIPS

Virtual Membership

\$59/mo (auto renew)

Unlimited classes via LiveStream

Unlimited Membership • \$108/month

All access - includes in-person/virtual

6 months/Auto renew contract with perks

NEED FINANCIAL ASSISTANCE?

Email info@yogaparkside.com or submit an application for scholarship via our website.

FOR FAMILIES:

- **Pre/postnatal Yoga Series**
6 weeks - LiveStreamed
- **In-person Prenatal Yoga Tuesdays**
- **VIRTUAL Mindful Mamas Postpartum Support Circle**
6 weeks - LiveStreamed
- **VIRTUAL Baby/Little bean & Me**
*From 8 weeks to strongly walking
LiveStreamed & Recorded*
- **Yoga for the Young Child**
In-person for strong walkers to 5 years old
- **Yoga Adventures**
In-person for ages 5 to 10 years old

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