



### 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](mailto: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 - 5yo*

**Yoga Adventures**  
*In person for ages 5-10*

# Fall 2021 Schedule

**All classes are in-person with livestream option unless otherwise noted.  
Space is limited to 10 people. Pre-registration required.**

SUNDAY	9:00-10:00AM	<b>Flow</b>	Jess	
	10:30-11:45AM	<b>Gentle/Restorative</b>	Jen	
	8:30-9:00PM	<b>Virtual Deep Release &amp; Relaxation</b>	Lin	<b>LS</b>
MONDAY	6:00-7:00AM	<b>Rise &amp; Shine Flow</b>	Kathleen	
	7:00-7:30AM	<b>Virtual Morning Goodness!</b>	Heather	<b>LS</b>
	5:00-6:00PM	<b>Virtual Flow</b>	Aileen	<b>LS</b>
	5:45-6:45PM	<b>Yin</b>	Jen	
	7:00-8:00PM	<b>Eating Disorder Support Group</b>	Allie	<b>OS</b>
TUESDAY	7:00-7:30AM	<b>Virtual Morning Goodness!</b>	Heather	<b>LS</b>
	9:00-10:30AM	<b>Extensions of Flow</b>	Megan	
	5:30-6:45PM	<b>Pre/Postnatal</b>	Jaime	
	5:30-6:30PM	<b>Virtual Flow (E)</b>	Sam	<b>LS</b>
	1ST & 3RD	7:00-8:00PM	<b>Chronic Illness Support Group</b>	Elle/Allie
2ND & 4TH	7:00-8:00PM	<b>Y12SR (Yoga of 12 Step Recovery)</b>	Elle/Allie	
	7:30-8:30PM	<b>Virtual Gentle/Restorative</b>	Maggie	<b>LS</b>
WEDNESDAY	7:00-7:30AM	<b>Virtual Morning Goodness!</b>	Heather	<b>LS</b>
	9:00-10:00AM	<b>Virtual Flow</b>	Lin	<b>LS</b>
	5:15-6:30PM	<b>Bhakti Heart Flow (E)</b>	Javi	
	6:45-7:45PM	<b>Yin</b>	Allie	
	8:00-9:00PM	<b>Queer &amp; Trans Yoga</b>	Grace	
THURSDAY	6:00-7:00AM	<b>Rise &amp; Shine</b>	Teresa	
	7:00-7:30AM	<b>Virtual Morning Goodness!</b>	Heather	<b>LS</b>
	9:00-10:30AM	<b>Extensions of Flow</b>	Megan	
	5:15-6:15PM	<b>Flow</b>	Aileen	
FRIDAY	7:00-7:30AM	<b>Virtual Morning Goodness!</b>	Heather	<b>LS</b>
	9:00-10:00AM	<b>Virtual Flow (E)</b>	Lin	<b>LS</b>
	12:00-12:45PM	<b>Alignment Yoga</b>	Sam	
	5:15-6:30PM	<b>Bhakti Heart Flow (E)</b>	Javi	
SATURDAY	9:00-10:00AM	<b>Flow</b>	Elle	
	12:15-1:15PM	<b>Qigong</b>	Donna	

**LS: Livestream Only**

**OS: Onsite Only**

Support groups register at [bemindfulliving.com](http://bemindfulliving.com)

## WORKSHOPS & SPECIAL EVENTS

*Please see website for details...*

