



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 - 5yo

Yoga Adventures
In person for ages 5-10

WORKSHOPS & SPECIAL EVENTS

Please see website for details...



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

LS: Livestream Only

OS: Onsite Only

Support groups register at bemindfulliving.com