

IN STUDIO + LIVE ZOOM YOGA

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12:00pm Power Flow/ Vinyasa Julie W <u>In Studio + ZOOM</u>
5:15pm Power Flow/ Vinyasa Tanya H <u>In Studio + ZOOM</u>
6:30pm Deep Stretch/ Sound Bath Tanya H <u>In Studio + ZOOM</u>

6:00am Power Flow/ Vinyasa Jen J <u>In Studio + ZOOM</u>
9:00am Power Flow/ Vinyasa Amy J <u>In Studio + ZOOM</u>
12:00pm Deep Stretch/ Gentle Jennifer C <u>In Studio + ZOOM</u>
5:15pm Power Flow/ Vinyasa Julie W <u>In Studio + ZOOM</u>

9:30am Power Flow/ Vinyasa Sheri C <u>In Studio + ZOOM</u>
12:00pm Power Flow/ Vinyasa Julie W <u>In Studio + ZOOM</u>
5:15pm Power Flow/ Vinyasa Tara K <u>In Studio + ZOOM</u>
6:30pm Deep Stretch/ Meditation Erin B <u>In Studio + ZOOM</u>

6:00am Power Flow/ Vinyasa Jessica J <u>In Studio + ZOOM</u>
9:00am Power Flow/ Vinyasa Amy J <u>In Studio + ZOOM</u>
12:00pm Deep Stretch/ Gentle Jennifer C <u>In Studio + ZOOM</u>
5:15pm Power Flow/ Vinyasa Julie W <u>In Studio + ZOOM</u>

9:30am Deep Stretch/ Gentle Amanda J <u>In Studio + ZOOM</u>
12:00pm Power Flow/ Vinyasa Kurt <u>In Studio + ZOOM</u>
4:30pm Power Flow/ Vinyasa Kim D <u>In Studio + ZOOM</u>

9:30am Power Flow/ Vinyasa Kurt J <u>In Studio + ZOOM</u>
11:00am Deep Stretch/ Gentle Jessica J <u>In Studio + ZOOM</u>

9:30am Beginners Amy J <u>In Studio + ZOOM</u>
11:00am Power Flow/ Vinyasa Amy J <u>In Studio + ZOOM</u>
3:00pm Deep Stretch/ Gentle Tara K <u>In Studio + ZOOM</u>



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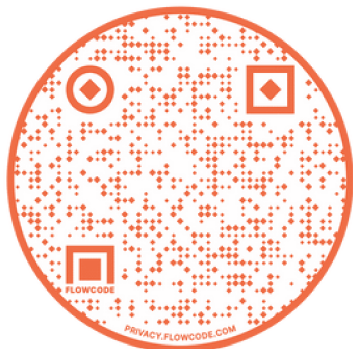
ALL CLASSES ARE IN STUDIO + LIVE ON ZOOM

POWER FLOW / VINYASA

YAM Power Flow classes are meant to be athletic, and taught so that all levels can experience a great class. Cardio, strength, balance, and mindfulness are all emphasized while building flexibility. Teachers provide easy to follow verbal cues and modifications, so students don't feel lost, while also providing options to intensify, allowing each student to find their edge.

The whole body is cared for as the teachers touch on each muscle group. The studio is warmed to 75-80 degrees, class is 60 minutes.

MOBILE SCHEDULE



DEEP STRETCH / GENTLE

YAM Deep Stretch/Gentle classes help restore your body and are excellent for beginners. Whether you are an athlete needing a deep stretch, or just want to open up and oxygenate your muscles and ligaments from daily wear and tear, you will benefit from this gentler class. Additional perks include deep relaxation and calming of the nervous system. The studio is warmed to 75-80 degrees, class is 60 minutes.

PRICING:

NEW STUDENT OFFER: 5 Days - 5 Bucks

Drop In \$21

10-Pack \$150 (3 Month Exp)

1 Month Unlimited \$135

3 Month Unlimited \$345

Teen Membership \$65/Month Unlimited + \$15 Drop In

Family members will get 20% off any second membership. The more you come, the more you save.

All memberships + packages can be used in the park, in the studio and on zoom.

ALL LEVELS, ALL THE TIME. FOR REAL.

Offsite Services + Space Rental Available



All classes in boxes
move slow - great
place to start

