

# IN STUDIO YOGA

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12:00pm Power Flow/ Vinyasa Julie W
5:15pm Power Flow/ Vinyasa Tanya H
6:30pm Deep Stretch/ Sound Bath Tanya H

6:00am Power Flow/ Vinyasa Jen J
12:00pm Deep Stretch/ Gentle Jade J
5:15pm Power Flow/ Vinyasa Julie W
6:30pm Power Flow/ Vinyasa Jenny F

9:30am Power Flow/ Vinyasa Kim D
12:00pm Power Flow/ Vinyasa Julie W
5:15pm Power Flow/ Vinyasa Jenny F
6:30pm Deep Stretch/ Meditation Erin B

6:00am Power Flow/ Vinyasa Tara K
12:00pm Deep Stretch/ Gentle Jade J
5:15pm Power Flow/ Vinyasa Julie W
6:30pm Ashtanga Jessica J

9:30am Deep Stretch/ Gentle Amanda J
12:00pm Deep Stretch/ Reiki Jessica J
4:30pm Power Flow/ Vinyasa Kim D

9:30am Power Flow/ Vinyasa Kurt J
11:00am Deep Stretch/ Gentle Tara K
SEE MINDBODY for WORKSHOPS

11:00am Power Flow/ Vinyasa Amy J
3:00pm Deep Stretch/ Gentle Tara K



9850 Walnut Hill #427 Dallas, Texas 75238

yoga-art-music.com

September 2023 ->

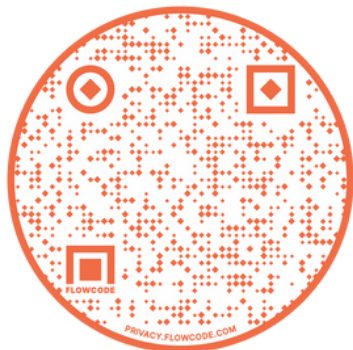
# ALL CLASSES ARE IN STUDIO

## 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. Many of these classes will have a twist at the end with some extra meditation time, or other wellness gem. The studio is warmed to 75-80 degrees, class is 60 minutes.

## PRICING:

**NEW STUDENT OFFER - 5 days for \$15!**

**Drop In \$21**

**10-Pack \$165 (6 Month Exp)**

**1 Month Unlimited \$135 Auto Renew**

**3 Month Unlimited \$345**

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

**PACKAGES FOR 2**

**\$300 - 20-pack**

**1 Month Unlimited \$245 Auto Renew**

**ALL LEVELS, ALL THE TIME. FOR REAL.**

**Offsite Services + Space Rental Available**



All classes in boxes  
move slow - great  
place to start

