



FEBRUARY 2026

**\$10 Classes
All Month**

9625 Granby St, Norfolk, Suite 213. - Register for class online

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Warm Flow 9AM Full Moon Flow 4PM (\$12)	2 Yin Yoga 6PM	3 Restore w/ Sound 6:30PM	4	5 Warm Flow 5PM / 6:30PM	6	7 Warm Flow 9AM Gentle + Nidra 4PM
8 Morning Flow 9AM	9 Yin Yoga 6PM	10 Restore w/ Sound 6:30PM	11	12 Warm Flow 5PM / 6:30PM	13 Trap Yoga w/ Tanya 6PM	14 Warm Flow 9AM Gentle + Nidra 4PM
15 Morning Flow 9AM	16 Yin Yoga 6PM	17 Restore w/ Sound 6:30PM	18	19 Warm Flow 5PM / 6:30PM	20 Trap Yoga w/ Tanya 6PM	21 Warm Flow 9AM Gentle + Nidra 4PM
22 Morning Flow 9AM	23 Yin Yoga 6PM	24 Restore w/ Sound 6:30PM	25	26 Warm Flow 5PM / 6:30PM	27	28 Warm Flow 9AM Gentle + Nidra 4PM

Join us online every weekday morning 7AM
for a 30 minute yoga session to start your day!

