



JULY SCHEDULE

Mondays

Yin + Sound
6:30 - 7:30PM

Tuesdays

Vinyasa Flow
5:30 - 6:30PM

Restorative
7 - 8PM

Thursdays

Warm Vinyasa
5:30 - 6:30PM

Gentle Yoga
7 - 8PM

theyogospace.net



Reserve your spot online
9625 Granby St, Ste 213
Norfolk, VA 23503
(757) 301-1229