

The Yoga Space

OCT SCHEDULE



Tuesdays

Restore w/ Sound

6:30 - 7:30PM

Wednesdays

Gentle Flow

6 - 7PM

Thursdays

Warm Vinyasa

6:30 - 7:30PM

Mala Making Workshop

Oct. 26th 1 - 3PM

\$35 Investment

200-hr Yoga Training

Oct 18 - Mar 21

\$1,800

Deepen your practice with

200-hour yoga training!

Starts October 18th

More Info on our website



Reserve your spot online
theyogaspaces.net

9625 Granby St, Ste 213
Norfolk, VA 23503
(757) 301-1229