

Winter Yoga Series, 2026



All class times are Pacific time zone

January

Tues, 6	7 - 8:15 am
Mon, 12, 19,	7 - 8:15 am
Thursday 15	4:30 - 5:30 pm

February

Mon 23	7 - 8:15 am
Thursday, 26	4:30 - 5:30 pm

March

Mon, 2, 9, 16, 23, 30	7 - 8:15 am
Thursday, 19th	4:30 - 5:30 pm
Spring Equinox Virtual Retreat Day, 20 and 21	
Fri late afternoon and all day Sat. Exact schedule to come.	