YOGA CLASS SCHEDULE

Mat Yoga

SAGE YOGA STUDIOS, 5256 S. Mission Road #707, Bonsall, CA 92003

Tues/Thurs 10:30am - 11:30am Chill Flow (All levels)
760.295.0895 (new student special $57/21 days of unlimited classes)

Chair Yoga

FALLBROOK UNITED METHODIST CHURCH, 1844 Winterhaven Road
(corner of Winterhaven & Green Canyon)

Wed/Fri 10:00 am - 11:00 am

$10 PER CLASS | $60/10 CLASSES PRE-PAID |$40/5 CLASSES PRE-PAID
Cash, Venmo or Cheque (made payable to Flourish Yoga)
10-Pack valid for 5 months | 5-Pack valid for 3 months (from date of first use)

PRE-REGISTRATION FOR CHAIR-YOGA IS REQUIRED DUE TO SPACE LIMITATION
Contact: Sandra Buckingham Text 760-845-6602
or email: flourishyogafallbrook@gmail.com

Chill Flow Class Description

Suitable for all levels. Strengthen, balance & relax with smooth transitions and a steady pace, linking breath & movement to deepen and lengthen with ease & mindfulness, emphasizing good posture & alignment. Options are given to increase sensation & intensity.

Chair Yoga Class Description

Traditional yoga poses using the support of the chair, this is a gentle class suitable for anyone who is not comfortable getting up and down from the floor. Enjoy the benefits of enhanced flexibility and coordination and energizing and calming breathing techniques.

FLOURISH YOGA (760) 845-6602 SANDRABUCKINGHAM.COM

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