



winter schedule

jan/feb/march

DROP IN CLASSES

ONGOING (DROP IN ANYTIME)

MONDAY

12:30-2 pm	easy does it	louise b
5:30-7 pm	deep stretch	vittoria
7:15-8:45 pm	vinyasa flow	shaina

TUESDAY

9:30-11 am	blisyoga	todd
6-7:15 pm	vinyasa flow	shaina
7:30-8:45 pm	prenatal yoga	adriana

WEDNESDAY

10-11:15 am	mom & baby yoga	adriana
12:30-2 pm	easy does it	louise l
6-7:15 pm	vinyasa flow	eugene
7:30-9 pm	yin yoga	todd

THURSDAY

9:30-11 am	blisyoga	todd
6-7:15 pm	vinyasa flow	alissa
7:30-8:45 pm	deep stretch	eugene

FRIDAY

12:30-2 pm	easy does it	todd
6-7:15 pm	yin yoga	todd
7:30-8:45 pm	candlelight yoga	shaina

SATURDAY

8-9:30 am	back om	todd
10-11:30 am	prenatal yoga	adriana
3-4:30 pm	flying yoga (1/7, 1/14, 1/21)	billy
5-6:30 pm	vinyasa flow	jean-pierre

SUNDAY

10-11:45 am	downtown samadhi	todd
3-4:30 pm	vinyasa flow	emily l
5-6:30 pm	deep stretch	vittoria

YIN YOGA & BLISYOGA SERIES

PRE REGISTRATION REQUIRED (SIGN UP AHEAD)

please see our online schedule for dates and pricing!

YOGA IMMERSION

PRE REGISTRATION REQUIRED (SIGN UP AHEAD)

WINTER @ OM

SERIES, TALKS, EVENTS, MEDITATION, CELEBRATIONS!

meditation series \$50

todd facilitates different meditations as a week series

feb 27-march 2 (mon-fri) 7-8 am * please pre-register online or at the studio*

anatomy for hatha yoga workshop \$120

an inspiring four week series about anatomy for yoga practitioners.

feb 5 (sun) to feb 26 12:30-2:30 pm * please pre-register online or at the studio*

kids yoga series \$60

harness kids' abundant energy into positive mindsets and actions with yoga.

jan 7-feb 4 (sat) 12-1 pm - * please pre-register online or at the studio*

pranayama workshop \$30

anatomy of breathing and yogic techniques. all welcome!

jan 8 (sun) 12:30-2:30 pm * please pre-register online or at the studio*

BODY & ENERGY WORK, ACUPUNCTURE

IN THE THERAPY ROOM

Did you know we offer massage and other healing modalities at Om Base?

Please inquire at the front desk or check out our enews for details.

Vittoria is available for Women's massage & Reiki sessions. Eugene

and Christina also offer bodywork at Om Base. Angela is here on Saturdays

and offers acupuncture. See our website for details.

FOR NEW STUDENTS

MORE DETAILS

INTRODUCTORY PACKAGE for new students **local residents only.**

if you are new to our studio, try our intro package to see what works best for you.

one week unlimited yoga (7 consecutive days): **\$20**

RATES

FOR ONGOING CLASSES

drop in \$14

5 classes. 3 month expiration** \$60

10 classes. 6 month expiration** \$111

20 classes. 12 months expiration** \$200

a month of om..... \$108

a year of om..... \$1188

events/series/yoga immersions priced per event/see website

Note: if you walk, bike, take the bus to class, you get your 11th class free!