

June 22nd Reopen Schedule

Monday

6:45-8:00am: Morning Flow (Starts July 6th)
10:30-11:45am: Vinyasa Flow & Meditation
12:00-1:00pm: **Hot Gentle**
6:00-7:00pm: Gentle Flow
6:15-7:15pm: **Hot Flow**
7:15-8:30pm: Yin Yoga (deep stretch)
7:30-8:30pm: **Hot Gentle Flow Candlelight**

Tuesday

10:30-11:45am: Gentle Yoga
12:00-1:00pm: **Hot Flow**
6:15-7:15pm: **Hot Power**
7:15-8:30pm: Vinyasa Flow & Meditation
7:30-8:30pm: **Hot Yin (deep stretch) Candlelight**

Wednesday

6:45-8:00am: Morning Flow (Starts July 6th)
10:30-11:45am: Vinyasa Flow & Meditation
12:00-1:00pm: **Hot Gentle Flow**
6:00-7:15pm: Gentle Flow
6:15-7:15pm: **Hot Flow**
7:15-8:30pm: Yin / Restorative Yoga
7:30-8:30pm: **Hot Gentle Flow Candlelight**

Thursday

10:30-11:45am: Gentle Yoga
12:00-1:00pm: **Hot Flow**
6:00-7:00pm: Gentle Flow
7:15-8:30pm: Vinyasa Flow & Meditation
7:30-8:30pm: **Hot Gentle Flow Candlelight**

Due to new regulations our studio will have limited space per class.

Please know that we will no longer accept ClassPass or any other discount operations so that we can offer the ultimate clean studio with certified teachers.

Please pre-register for classes to secure your space. There will be a \$5 no show fee.

We appreciate you and our community as we reopen together. Have a question? Please email us at info@yoganoho.com. Please allow one business day for a response.

Many Blessings to you and your family.
Namaste



Friday

6:45-8:00am: Morning Flow (Starts July 6th)
10:30-11:45am: Vinyasa Flow & Meditation
12:00-1:00pm: **Hot Gentle Flow**
6:00-7:00pm: Vinyasa Flow
6:15-7:15pm: **Hot Gentle Flow Candlelight**
7:15-8:30pm: Yin Yoga (deep stretch)

Saturday

9:00-10:00am: Vinyasa Flow & Meditation
9:30-10:30am: **Hot Flow**
10:30-11:45am: Gentle Flow
11:00-12:00am: **Hot Gentle Yoga**

Sunday

9:30-10:30am: **Hot Gentle Flow**
10:30-11:45am: Vinyasa Flow & Meditation
11:00-12:00pm: **Hot Yin (deep stretch)**

Reopen Complete Details: Please go to our website for complete new details on the new Covid-19 mandates to offer you the optimal yoga experience. We are here to assist you in anyway we can so please go to our website and click on the Reopen Details tab, or if you want to email us, please go to info@yoganoho.com and our Yoga NoHo Center staff will answer your questions. Namaste

Teacher Training

2020 Fall Teacher Training Starts
September 11
Scholarships Available
Space is Limited
contact Donna Davis
at yoganohodonna@gmail.com

Sound Baths

We will resume our sound baths on August 15th. We offer sound baths 3rd Saturday of every month.

Due to current mandates on capacity, space is very limited. You must pre-register and pay to join this event. There will be no refunds on Sound Baths.

Special Workshops & Events

Book on our website

Want to book a yoga event?

Contact us for special details.

Want to rent the studio for your shoot or event?

Please contact Karen at
yoganohokaren@gmail.com

Contact us at:

info@yoganoho.com