



# January 2025



Follow us and stay up-to-date with news and schedules:  
 Facebook: [www.facebook.com/lostriveryoga/](http://www.facebook.com/lostriveryoga/)  
 Web: <https://farmandyoga.com>

Friday	Saturday	Sunday
10 <b>Chair Yoga</b> 10:30-11:15 am Pia	11 <b>Vinyasa</b> 10-11 am Pia	12 <b>Meditation</b> 9:30-10:30 am Lost River Mindfulness Community
17 <b>Chair Yoga</b> <b>Yin + Yoga Nidra</b> 10:30-11:15 am      5:30-7:00 pm Pia                      Havala	18 <b>Vinyasa</b> 10-11 am Havala	19 <b>Meditation</b> 9:30-10:30 am Lost River Mindfulness Community
24 <b>Chair Yoga</b> 10:30-11:15 am Pia	25 <b>Vinyasa</b> 10-11 am Havala	26 <b>Meditation</b> 9:30-10:30 am Lost River Mindfulness Community
31 <b>Chair Yoga</b> 10:30-11:15 am Pia		

Regularly-scheduled yoga classes: \$10 drop-in  
 Meditation: \$10 suggested donation.