



August

2025 Lost River Yoga Schedule

Class details available at LostRiverYoga.org

lostriveryoga@gmail.com

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MON	TUES	WEDS	THURS	FRI	SAT	SUN
-	- Tai Chi Club 10:30am			1 Gentle/ Slow Flow 10:30-11:30am Havala	2 Vinyasa 10-11am Havala	3 Meditation 9:30-10:30am Tai Chi Club 10:45am
4	5 Tai Chi Club 10:30am	6 Chair Yoga 10:30-11:15am Havala	7	8 Gentle/ Slow Flow 10:30-11:30am Havala	9 Vinyasa 10-11am Havala	10 Meditation 9:30-10:30am Tai Chi Club 10:45am
11	12 Tai Chi Club 10:30am	13 Chair Yoga 10:30-11:15am Havala	14	15 [NO CLASS]	16 Vinyasa 10-11am Joyce	17 Meditation 9:30-10:30am Tai Chi Club 10:45am
18	19 Tai Chi Club 10:30am	20 Chair Yoga 10:30-11:15am Havala	21	22 Gentle/ Slow Flow 10:30-11:30am Pia	23 Vinyasa 10-11am Pia	24 Meditation 9:30-10:30am Tai Chi Club 10:45am
25	26 Tai Chi Club 10:30am	27 Chair Yoga 10:30-11:15am Havala	28	29 Gentle/ Slow Flow 10:30-11:30am Havala	30 Vinyasa 10-11am Havala	31 Meditation 9:30-10:30am Tai Chi Club 10:45am