



**PACIFIC  
YEW  
YOGA**  
*Grow Here*



## PYY Winter Schedule

December 15<sup>th</sup> – April 11<sup>th</sup>

121 Broadalbin Street SW

Albany, OR 541-829-0942

### Sunday

5:45 pm Gentle Flow Yoga

### Monday

6:00 am Vinyasa Flow Yoga

9:15 am Power Flow Yoga 85\*

12:00 pm Community Yoga Class

5:45 pm PiYo

7:15 pm Tribal Dance

### Tuesday

9:15 am Barre

12:00 pm Vinyasa Flow Yoga

1:30 pm FAB Fitness

5:45 pm Power Flow Yoga 85\*

7:15 pm Gentle Flow Yoga

### Wednesday

6:00 am Vinyasa Flow Yoga

9:15 am Power Flow Yoga 85\*

12:00 pm Vinyasa Flow Yoga

5:45 pm PiYo

7:15 pm Vinyasa Flow Yoga

### Thursday

9:15 am Barre

12:00 pm Vinyasa Flow Yoga

5:45 pm Power Flow Yoga 85\*

7:15 pm Gentle Yoga

### Friday

9:15 am FAB Fitness

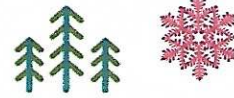
12:00 pm Vinyasa Flow Yoga

### Saturday

8:45 am Vinyasa Flow Yoga

10:15 am The People's Class \$5

Please sign up on the  
MINDBODY app  
or go to our website at  
[www.pacificyewyoga.com](http://www.pacificyewyoga.com)



Drop In \$14

Compass Pass (10 Classes) \$96

Memberships (Unlimited Classes) \$85  
(6 month commitment)

Check Web site for Specials on Pricing

### Kids Yoga 11:45 AM - 12:30 PM

Jan. 4 & Jan 18

Feb. 8 & Feb. 22

Mar. 7 & Mar. 21

### Events Happening Each Month

Meet & Meditate 1st Friday 7:00 pm

Groove Funtastic Friday 3<sup>rd</sup> Friday 7pm

Women's Mediation New Moon

Belly Love Full Moon Monday Tribal Dance

Sonic Journey Sound Meditations

Wellness Workshops

Yikes (Yoga & Outdoor Adventures)

All Class Descriptions on website

Check out more information on

Events, Workshops and Trainings

[www.pacificyewyoga.com](http://www.pacificyewyoga.com)

Ph. 541.829.0942

Pacific Yew Yoga offers Certified  
Yoga Alliance 200 hr Teacher Training

