



Yoga & Wellness Center
27 Wall Street
Jefferson, OH
yogalvh.com

JUNE 7-13 AT THE STUDIO

Jefferson • Austinburg • Community Locations

Save this schedule for reference

SUNDAY

5:00 PM - Kundalini Yoga & Meditation

6:30 PM - Reclaiming Wholeness: Yoga for Trauma & Loss (Jefferson)

MONDAY

5:00 PM — Chair Yoga Redefined

6:30 PM — Qigong w/Steve (Jefferson UMC)

TUESDAY

9:30 AM — Essential Yoga

4:30 PM — Reclaiming Wholeness: Yoga for Trauma & Loss (Austinburg)

WEDNESDAY — Private Sessions by Appointment

THURSDAY

9:30 AM — Mindful Stretch & Strength w/ Morgan

1:00 PM — Restorative Yoga

5:00 PM — Gentle Flow

6:30 PM — Slow Flow Evening Glow

SATURDAY

9:00 AM — Pilates w/Morgan (Jefferson)

9:30 AM — Slow Flow (Austinburg)

SPECIAL EVENT THIS WEEK

Forest Bathing

Saturday, June 13 - Noon-2pm

Jefferson Dog Park, 251 E. Jefferson St.

Meet at trees near pavillion - rain or shine event, dress accordingly

Investment: Love Donation

Jefferson studio unless otherwise noted. Visit yogalvh.com for registration and location information

Bold Italic: Featured and extra day/time classes - Love Donation (\$10-18 suggested) All donations gratefully accepted. No one turned away for inability to pay.