



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Silent Sunday

8:00 - 9:30

Hatha/Vinyasa  
Pranayama  
Meditation

Hatha/Vinyasa  
Pranayama  
Meditation

Hatha/Vinyasa  
Pranayama  
Meditation

Hatha/Vinyasa  
Pranayama  
Meditation

Hatha/Vinyasa  
Pranayama  
Meditation

Hatha/Vinyasa  
Pranayama  
Meditation

Silent  
Hatha/Vinyasa  
Pranayama  
Meditation

5:00 - 6:30

Hatha Yoga &  
Singing Bowl  
Meditation

FlyHighYoga™  
& Singing Bowl  
Meditation

Yin Yoga &  
Singing Bowl  
Meditation

Chakra  
Movement  
Meditation

Hatha Yoga &  
Singing Bowl  
Meditation

FlyHighYoga™  
& Singing Bowl  
Meditation

Silent Yin Yoga  
& Breaking  
Silence  
Ceremony



Drop-In Class Prices

**Drop-in class: \$7**

*\*Discounts available for  
Khmer & Western residents!*



Drop-In Class Passes

\*3 class pass: \$18

\*5 class pass: \$27

\*10 class pass: \$50

1 week unlimited pass: \$60

1 month unlimited pass \$150

*\*3, 5 & 10 class passes are sharable!*

