

FOUNDCITY YOGA

SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6:00 HOT HOUR	6:00	6:00 HOT HOUR	6:00	6:00 HOT HOUR	8:00	8:00
9:00	9:00	9:00	9:00 GHOSH Yoga	9:00	10:00 HOT HOUR	10:00 HOT HOUR
12:00 HOT HOUR	12:00 YOGA HOUR	12:00 HOT HOUR	12:00 YOGA HOUR	12:00 HOT HOUR		12:00 Warm FLOW
4:00	4:00	4:00	4:00	4:00 Community	4:00	4:00
6:00	6:00	6:00	6:00	6:00 Warm FLOW	6:00 YOGA HOUR	6:00 YIN Yoga
8:00 HOT HOUR	8:00 YIN Yoga	8:00 HOT HOUR	8:00 YIN Yoga			

BIKRAM YOGA – the ORIGINAL HOT YOGA class!

Optimize your health, develop your mind-body connection, and realize yourself! This STANDARDIZED 90-minute class, aka the 26&2, is safe, effective, and suitable for everybody. **HOT, 90 minutes.**

HOT HOUR

Augment your regular Bikram Yoga practice! This BIKRAM METHOD class condenses the original 26&2 sequence, emphasizing great energy and extra focus. All levels. **HOT, 60 minutes.**

GHOSH Yoga

Open your body and deepen your practice! This GHOSH LINEAGE class introduces sequences and postures from the classic full advanced practice. Class may vary from time to time. All levels. **HOT, 90 minutes.**

YOGA HOUR®

Practice dynamic movement emphasizing form and refinement! This FLOW STYLE class aims to be the most difficult and doable one-hour flow class available. All levels. **WARM, 60 minutes.**

Warm FLOW

Inspire your practice with creative sequences working toward one or more peak postures. This VINYASA STYLE class syncs breath and movement together with music. All levels. **WARM, 60 minutes.**

YIN Yoga

Improve your range of motion, joint health, and mindfulness. This RELAXING class offers longer postures and a slower pace, and the calm ambience of candlelight and music. All levels. **WARM, 90 minutes.**

www.foundcity.yoga

hello@foundcity.yoga
250-590-3467

#foundyourself

Suite 100 - 1620 Garnet Road
Victoria, BC, V8P 3C8