

WINTER YOGA SCHEDULE

TO SIGN-UP - SELECT A CLASS BELOW



MONDAYS

9:30am - Full Body Balancing + Self Love
11:00am - Addressing Posture + Releasing
3:30pm - Deep Breathing + Clarity
5pm - Hip Opening + Grounding

WEDNESDAYS

4:45pm - Full Body Balancing + Self Love

THURSDAYS

4:45pm - Full Body Balancing + Self Love

FRIDAYS

5pm - Hip Opening + Grounding

SUNDAYS

11:30am - Addressing Posture + Releasing
2:45pm - Deep Breathing + Clarity
5pm - Rest + Rejuvenate



restfultouchwellness.com -(406) 595-3553
200 Highland Blvd, Ste 202 - Bozeman, MT