

YOGA AT JOUD BY THE SEA

Monday	Tuesday	Wednesday
9:00-9:50 Rise & Shine Vinyasa	9:00-9:50 Awaken & Align	9:00-9:50 Rise & Shine Vinyasa
17:00-17:50 Sunset Relaxing Vinyasa	17:00-17:50 Evening Exhale	17:00-17:50 Sunset Relaxing Vinyasa

Thursday	Saturday	Sunday
9:00-9:50 Awaken & Align	9:00-9:50 Rise & Shine Vinyasa	9:00-9:50 Awaken & Align
17:00-17:50 Evening Exhale	17:00-17:50 Sunset Relaxing Vinyasa	17:00-17:50 Evening Exhale

Rise & Shine Vinyasa

Welcome the day with a fluid practice that ignites vitality, enhances mobility, and cultivates presence. Leave feeling refreshed, balanced, and ready for whatever lies ahead

Sunset Relaxing Vinyasa

An easy flow focused on relaxing the body and nervous system through expanding the breath and slowing down the movements.

Awaken & Align

A dynamic morning practice designed to awaken the senses, create space in the body, and connect movement with breath for a centered, energized start.

Evening Exhale

A gentle yin journey inviting you to release the day, soften into stillness and introspection, restore balance through quiet movement and conscious breath.

1-1 private yoga classes tailored to your needs available upon request - \$30 per session