

Daily Yoga Classes at Prajna

Monday

10am Slow Flow

5:45pm Vinyasa

Tuesday

9am Slow Flow

4pm Gentle Stretch

5:30pm Sculpt & Flow (45min)

Wednesday

8:45am Sculpt & Flow (45min)

10am Slow Flow

Thursday

9am Slow Flow

4pm Gentle Stretch

5:30pm Sculpt & Flow (45min)

Friday

10am Slow Flow

5:45pm Restorative

Saturday

9am Slow Flow

Sunday

9am Slow Flow

7pm Restorative



PRAJNA

YOGA + WELLNESS



October 2026
through
May 2027

Drop in \$20
Monthly Membership \$125
10 Class Pack \$170
20 Class Pack \$300

583 Palm Canyon Dr Suite B
www.prajnayogaandwellness.com

Try 2 Weeks
for \$39