

What's NEW?

- Limited Number of individuals in each class. With all mats social distanced, 6' side to side and 9' vertically from one head to the other
- Masks are REQUIRED. Please plan to wear your mask from the time you step in the door until the time you step out the door.
- No more Punch Cards, instead you can purchase a MONTHLY MEMBERSHIP (options listed below) or DROP IN for \$10
- No more PROPS available. Please bring 2 blocks and 1 strap with you to class, not required but will be helpful in your practice.
- No more MATS available. You will need to bring your own.

MONTHLY MEMBERSHIP OPTIONS:

\$55 per month to attend 1 class per week

\$65 per month to attend 2 classes per week

\$75 per month to attend 3 classes per week

- When you purchase your membership you will select (from the list below) which classes you want to attend. You will be **ASSIGNED to those classes and can only attend those specific classes**. This will ensure that you and everyone else always has a spot in class.
- Each month you will receive an Invoice from Square to pay your dues (you can still pay with cash or check, but no card payments will be taken in person)
- If you can't make it to class, if you could let me know ahead of time so I can offer it as a Drop In spot for the date you will be gone
- If you don't want to sign up for classes at this time you can contact Bridget (503-409-6273) to see if a Drop In Spot is available for the class you are interested in **Drop In price is \$10 per class and can be paid with Cash or Check Only.**
- Contact me at info@gratitudeyogaspaces.com or call/text 503-409-6273 to sign up and reserve your spot.

CURRENT CLASSES OPEN:

- **Monday 8-9am Moderate Flow:** *Not suitable for beginners*, this class will keep a moderate pace and offer increasingly challenging poses/flows as we grow as a class together.
- **Monday/ Friday 9:20 - 10:10 Chair Yoga:** In this class we spend very little time IN the Chair, instead we use the chair as a prop. This class is designed to assist those who shouldn't or can't get down on the floor in having a very fulfilling Yoga experience with the assistance of the chair.
- **Monday 5:30 - 6:20pm Evening Flow:** This class is suitable for all levels and offers a great way to unwind from a busy day or get a quicker class in before heading home from work.
- **Tuesday 9-10am All Levels Flow:** This class will be what you are used to taking on Tuesday mornings and although it is a stronger flow and pace than Slow Flow it is still suitable for beginners as I will give pose options for all levels.
- **Wednesday 9-10am Yoga Nidra:** This class is great for anyone and especially those interested in their growth through the Nidra practice. We spend the first half of the class moving our bodies which is more fluid than when we hold poses in other classes. The second half of the class is a guided Yoga Nidra in which you settle in on your mat and follow my voice on a guided journey into the body and beyond.
- **Friday 10:30 - 11:30 Slow Flow:** This class is a slow paced, gentle practice and a great class for beginners.