

# • NOW SERVING. **YOGA SOUP** **CLASS SCHEDULE**

**JANUARY '23**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

6:15 AM	MYSORE PRACTICE 6AM Matthew / 90 min.	EARLYBIRD ASANA Annie / 60 min.	MYSORE PRACTICE 6AM Matthew / 90 min.	EARLYBIRD ASANA Annie / 60 min.	
7:30 AM	KUNDALINI Mits / 60 min.	RISE UP Jimena / 60 min.	MORNING FLOW Mits / 60 min.	RISE UP Jimena / 60 min.	STRONG FLOW Brooklyn / 60 min.
8 AM	MORNING MEDITATION / FEB	MORNING MEDITATION / FEB	MORNING MEDITATION / FEB	MORNING MEDITATION / FEB	MORNING MEDITATION / FEB
9 AM	SOULFUL FLOW 8:50AM Elissa 60 min.	SLOW FLOW 2-3 Denise / 75 min.	STRONG FLOW: CORE FOCUS 8:50AM Cynthia 70 min.	SLOW FLOW 2-3 Denise / 75 min.	STRONG FLOW: CORE FOCUS 8:50AM Cynthia / 70 min
9 AM	SLOW FLOW Jazmin / 60 min.	MINDFUL FLOW Emily / 60 min.	THERAPEUTIC FLOW Terra / 75 min.	MINDFUL FLOW Emily / 60 min.	THERAPEUTIC FLOW Terra / 75 min.
10:00 AM @ PARK	EVERY BODY FLOW Jessica / 60 min.		ALIGNMENT FLOW Jen / 60 min.	STRONG FLOW Mits / 60 min.	YOGA SOUP Eddie / 60 min.
10:15 AM	VINYASA Kelly / 75 min.	GENTLE FLOW Jessica / 60 min.	10:45 BREATH & MOVEMENT David / 60 min	BLISS YOGA FLOW Marie / 75 min.	10:30 PRENATAL YOGA Mits / 60 min.
10:30 AM	GENTLE FLOW Christina / 75 min.	INSIGHT YOGA Suzanne / 75 min.	GENTLE FLOW Christina / 75 min.	INSIGHT YOGA Suzanne / 75 min.	ALIGNMENT FLOW Jen / 70 min.
12 PM	STRONG FLOW 2/3 Jen / 60 MEDITATION Hattie / 30 min.	STRONG FLOW Linda / 45 min.	YOGA + STRENGTH [=] Eva-Maria 60 min.	STRONG FLOW Linda / 45 min.	ALL LEVELS FLOW Jessica / 45 min.
12:15 PM	ACTIVE BEGINNERS Heather / 60 min.	iRest YOGA NIDRA Dora / 60 min.	ACTIVE BEGINNERS Heather / 60 min.	FOUNDATIONS Dora / 60 min.	
3:30 PM	CORE CENTERED FLOW Lauren / 75 min.	FLOORWORK + HANDSTANDS Cameron / 75 min.	INTEGRATIVE FLOW Kiaora / 60 min.	SLOW FLOW + YIN Carina / 90 min.	FLOORWORK + HANDSTANDS Cameron / 75 min.
4 PM		SPINAL INTEGRATION Beverly / 60 min.	ALL LEVELS FLOW Frances / 60 min.	SPINAL STRNGTH Beverly / 60 min.	ALL LEVELS FLOW Sepideh / 60 min.
5:15 PM	STRONG FLOW Erica / 60 CONNECT & STRETCH Luca / 65	STRONG FLOW Elyse / 60 min.	STRONG FLOW Lauren / 75 min.	STRONG FLOW Elyse / 60 min.	CONNECT & STRETCH + Luca / 70 min.
5:30 PM	YIN YOGA & MEDITATION Madeleine / 75 min.	VINYASA & RESTORATIVE Kelly / 75 min.	YIN & MEDITATION Denise / 75 min.	VINYASA Kelly / 75 min.	RESTORATIVE + Carone / 60 min.
6:30 PM	5 RHYTHMS + RESET Kiaora / 90 min.	YOGA SOUP Eddie / 75 min.	7PM CANDLELIT FLOW Elissa / 60 min.	FLOORWORK + HANDSTAND Cameron / 75 min	FRIDAY NIGHT EVENTS CHECK ONLINE \$\$
7 PM	7:15 EFFORTLESS MINDFULNESS Radhule / 60 min.	EVENING WORKSHOPS *\$ LATE NIGHT DRAW 8PM \$	7:15PM WOMEN'S CIRCLE Amber / 75 min.	YIN RESET Shannon / 60 min.	

7:30 AM	STRONG FLOW FOCUS Jazmin 60 min.	
8:30 AM	8:45 / STRONG FLOW Linda / 60 min.	YOGA SOUP Eddie / 75 min.
9 AM	YOGA BASICS Denise / 75min STRONG FLOW Erica / 60	9:30AM STRONG FLOW Yanoula / 75 min.
10 AM	STRONG FLOW Jazmin / 60 ALL LEVELS FLOW Brooklyn	SLOW FLOW Denise / 60 min.
10:30 AM	YOGA SOUP Eddie / 75 min.	INSIGHT YOGA Suzanne/Madeleine / 90 min.
11:15 AM	YOGA + WEIGHTS [=] Hattie / 60 min.	11AM STRONG FLOW Lauren / 75 min.
12:30 PM	ALIGNMENT FLOW Sean / 60 min.	STRETCH & RELEASE AL / 75 min.
AFTERNOON WORKSHOPS		
4 PM		SOUND BATH *\$30 Every Sunday / 75 min.
5 PM	YOGA + MEDITATION Deborah/ 60 min.	
5:45		ALL LEVELS FLOW Analise / 60 min.
7 PM		RELAXING YIN Juliana / 60 min.

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Some variation may occur—  
find our most current schedule online  
<<SCAN the code or visit [yogasoup.com](https://yogasoup.com)

# PLEASE BREATHE.

**KEY** online class: on Zoom only  
 hybrid class: BOTH in-studio & livestream  
 in-studio/in-person ONLY  
 beginner/beginner's mind  
 intermediate/advanced  
 [=] w/ hand weights \$ event coming soon  
 park class  
 dance  
 meditation