



More to Love

Be Luminous Yoga

One Studio. Two Practices. More Freedom.

15 New Classes - Starting March 21, 2016

New Slow Flow & Restorative



Unheated
Slow Flow

New Power Flow



Hot
Power
Flow

*Even more classes
coming September 2016!*

MONDAY

6-7	PF LV 1-2	60min (heated)
9:45-11	PF LV1-2 + Childcare	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:30	SF-all levels	60min (unheated)
4:30-5:45	SF-all levels	75min (heated)
5:30-6:30	PF LV 2	60min (heated)
6-7:15	SF-all levels	75min (unheated)
7:15-8:15	PF LV 1-2	60min (heated)

TUESDAY

6-7:30	PF LV2	90min (heated)
6:15-7:15	SF-all levels	60min (heated)
9:45-11	PF LV1-2	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:15	De-Stress & Chair Yoga	45min (unheated)
4:30-5:45	SF-all levels	75min (unheated)
5:30-7	PF LV 2	90min (heated)
6-7:15	SF-all levels	75min (unheated)
7:15-8:15	PF LV 1-2	60min (heated)
8:30-9:30	PF LV 1	60min (heated)

WEDNESDAY

6-7	PF LV 1-2	60min (heated)
6:15-7:15	SF-all levels	60min (unheated)
9:45-11	PF LV 1-2 + Childcare	75min (heated)
12-1	PF LV1-2	60min (heated)
12:30-1:30	SF-all levels	60min (unheated)
4:30-5:45	SF-all levels	75min (unheated)
5:30-6:30	PF LV 2	60min (heated)
6-7:15	SF-all levels	75min (unheated)
7:15-8:15	PF LV 1	60min (heated)
7:30-8:45	Restorative Yoga	75min (unheated)

THURSDAY

6-7:30	PF LV 2	90min (heated)
6:15-7:15	SF-all levels	60min (unheated)
9:45-11	SF-all levels	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:15	Guided Meditation	45min (unheated)
4:15-5:15	PF LV 1-2	60min (heated)
5:30-6:30	PF LV 2	60min (heated)
6-7:15	SF-all levels	75min (unheated)
6:45-8:15	PF Intro Series	90min (heated)
7:30-8:45	SF Yoga Nidra	75min (unheated)
8:30-9:30	PF LV 1	60min (heated)

FRIDAY

6-7	PF LV 1-2	60min (heated)
9:45-11	PF LV 1-2 + Childcare	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:30	SF-all levels	60min (unheated)
4:15-5:15	PF LV 1	60min (unheated)
5:15-6:30	SF-all levels	75min (unheated)
5:30-6:45	PF LV 1-2	75min (heated)

SATURDAY

8-9	PF LV 1-2	60min (heated)
8:30-9:45	SF-all levels	75min (unheated)
9:15-10:30	PF LV 1	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:15-1:15	SF-all level	60min (unheated)
4:00-5:15	PF LV 1-2	75min (heated)

SUNDAY

8-9	PF LV 1-2	60min (heated)
8:30-9:45	SF-all levels	75min (unheated)
9:15-10:30	PF LV 1-2	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:15-1:15	SF-all levels	60min (unheated)
4-6	PF LV 1-2 +	120min (heated)
4:15-5:30	Prenatal Yoga	75min (unheated)
7:00-8:15	Restorative	75min (unheated)



Future Expansion

An Evolved Schedule to Fit YOUR Life

A Sneak Peak.. 12 more classes coming September 2016.

September 2016 Schedule

MONDAY		
6-7	PF LV 1-2	60min (heated)
6:15-7:15	SF-all levels	60min (unheated)
9:45-11	PF LV1-2 + Childcare	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:30	SF-all levels	60min (unheated)
4:15-5:15	PF LV 1-2	60min (heated)
4:30-5:45	SF-all levels	75min (unheated)
5:30-6:30	PF LV 2	60min (heated)
6-7:15	SF-all levels	75min (heated)
7:15-8:15	PF LV 1-2	60min (heated)
7:30-8:45	Restorative Yoga	75min (unheated)
8:30-9:30	PF LV 1	60min (heated)
TUESDAY		
6-7:30	PF LV2	90min (heated)
6:15-7:15	SF-all levels	60min (heated)
9:45-11	PF LV1-2	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:15	Chair Yoga	45min (unheated)
4:15-5:15	PF LV 1-2	60min (heated)
4:30-5:45	SF-all levels	75min (unheated)
5:30-7	PF LV 2	90min (heated)
6-7:15	SF-all levels	75min (unheated)
7:15-8:15	PF LV 1-2	60min (heated)
8:30-9:30	PF LV 1	60min (heated)
WEDNESDAY		
6-7	PF LV 1-2	60min (heated)
6:15-7:15	SF-all levels	60min (unheated)
9:45-11	PF LV 1-2 + Childcare	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:30	SF-all levels	60min (unheated)
4:15-5:15	PF LV 1-2	60min (heated)
4:30-5:45	SF-all levels	75min (unheated)
5:30-6:30	PF LV 2	60min (heated)
6-7:15	Sf-all levels	75min (unheated)
7:15-8:15	PF LV 1	60min (heated)
7:30-8:45	Restorative Yoga	75min (unheated)
8:30-9:30	PF LV 1	60min (heated)
THURSDAY		
6-7:30	PF LV 2	90min (heated)
6:15-7:15	SF-all levels	60min (unheated)
9:45-11	SF-all levels	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:15	Guided Meditation	45min (unheated)
4:15-5:15	PF LV 1-2	60min (heated)
4:30-5:45	SF-all levels	75min (unheated)
5:30-6:30	PF LV 2	60min (heated)
6-7:15	SF-all levels	75min (unheated)
6:45-8:15	PF Intro Series	90min (heated)
7:30-8:45	Restorative Yoga	75min (unheated)
8:30-9:30	PF LV 1	60min (heated)
FRIDAY		
6-7	PF LV 1-2	60min (heated)
6:15-7:15	SF-all levels	60min (unheated)
9:45-11	PF LV 1-2 + Childcare	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:30-1:30	SF-all levels	60min (unheated)
4:15-5:15	PF LV 1	60min (unheated)
5:15-6:30	SF-all levels	75min (unheated)
5:30-6:45	PF LV 1-2	75min (heated)
SATURDAY		
6:30-7:30	PF LV 1-2	60min (heated)
8-9	PF LV 1-2	60min (heated)
8:30-9:45	SF-all levels	75min (unheated)
9:15-10:30	PF LV 1	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:15-1:15	SF-all level	60min (unheated)
4:00-5:15	PF LV 1-2	75min (heated)
4:15-5:30	Restorative Yoga	75min (unheated)
SUNDAY		
6:30-7:30	PF LV 1-2	60min (heated)
8-9	PF LV 1-2	60min (heated)
8:30-9:45	SF-all levels	75min (unheated)
9:15-10:30	PF LV 1	75min (heated)
12-1	PF LV 1-2	60min (heated)
12:15-1:15	SF-all levels	60min (unheated)
4-6	PF LV 1-2 +	120min (heated)
4:15-5:30	Prenatal Yoga	75min (unheated)
7:00-8:15	Restorative	75min (unheated)

Practice When You Want It

We've been hard at work evolving a full schedule *to fit your evolving lifestyle.*

We've planned for *85+ classes per week* at Be Luminous, ranging from early morning, to mid-afternoon, to late evening. The full schedule will debut in 2017.

In the mean time, we are ramping up our offerings, with 60 classes per week starting March 21, 2016, and over 70 classes per week starting September 2016.

Our goal is to provide outstanding yoga instruction when you need it, with a powerful combination of *heated Power Flow and unheated Slow Flow and Restorative yoga.*

We hope these expanded offerings will *meet you where you are*, helping you live a luminous life - one in which your true nature of clarity, happiness and peace is cultivated.

With gratitude and excitement,

Michel & Scott

Co-Creators of Be Luminous Yoga