



STUDIO SCHEDULE

October 2026

MON	Yin Yoga - 10 AM Yoga Nidra - 6 PM
TUE	Hatha Yoga - 10 AM Yoga Nidra - 6 PM
WED	Yoga Nidra - 7 AM (virtual) Yin Yoga - 10 AM Yoga Nidra - 6 PM
THU	Vinyasa Yoga - 10 AM Yoga Nidra - 6 PM

For more details and updates about future events, please visit the
website or follow on social media.

thevialab.co