

via

SOMATIC WELLNESS

THE WAY IN

VIA LAB WEEKLY CALENDAR

AUGUST

SUNDAY



RESET

A day to pause,
recharge,
and return
to yourself.

MONDAY



YOGA 101

Learn the
foundations
of yoga.

10:00 AM – 11:00 AM



YOGA 101

Learn the
foundations
of yoga.

6:00 PM – 7:00 PM

TUESDAY



YIN YOGA

Releasing.

10:00 AM – 11:00 AM



YOGA NIDRA

Deep rest.
Deep reset.

6:00 PM – 7:00 PM

WEDNESDAY



HATHA YOGA

Building.

10:00 AM – 11:00 AM



YOGA NIDRA

Deep rest.
Deep reset.

6:00 PM – 7:00 PM

THURSDAY



YIN YOGA

Restoring.

10:00 AM – 11:00 AM



YOGA NIDRA

Deep rest.
Deep reset.

6:00 PM – 7:00 PM

FRIDAY



OPEN LAB

Move your way.
The space
is yours.

10:00 AM – 2:00 PM

SATURDAY



OPEN LAB

Move your way.
The space
is yours.

10:00 AM – 2:00 PM

LISTEN TO YOUR BODY. FOLLOW YOUR BREATH. THIS IS YOUR PRACTICE.