



# VIRTUAL YOGA SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
9:00 AM		SLOW FLOW (LAUREN)	SLOW FLOW (MELANIE)	SLOW FLOW (MEG)	SLOW FLOW (JESSICA)	SLOW FLOW (LAUREN)	SLOW FLOW (MEG)
11:00 AM	GENTLE (HEATHER)	GENTLE (HEATHER)	GENTLE (DARLA)	GENTLE (CAROLYN)	GENTLE (DARLA)	GENTLE (MELANIE)	GENTLE (SAM)
12:15 PM			YIN (DARLA)	MEDITATION (JYOTI)	YIN (DARLA)		
7:00 PM	YIN (CAROLYN)	YIN (HEATHER)	YIN (MAGGIE)		YIN (HEATHER)		

## PRICE OPTIONS:

Virtual Class Drop In **\$7**

Virtual Library (24 hr pass) **\$8**

Monthly Unlimited **\$19/mo**

Virtual Annual Unlimited **\$200**

*In Collaboration With*



## BUY CLASSES:

From any Serasana or Sana Vida location. Visit [www.sanavida.info/virtual](http://www.sanavida.info/virtual)

## SIGN IN TO CLASS by any one of the following:

1. Serasana App (Free) - (Toggle to Serasana Virtual Location)
2. Mindbody Connect App - (Search Serasana Virtual Location)
3. Website - [www.sanavida.info/virtual](http://www.sanavida.info/virtual)

## ATTEND:

Look for an email with link 30 minutes before class starts (from [hello@fitgrid.com](mailto:hello@fitgrid.com)) Click the link and get on your mat!!

## TROUBLESHOOTING

[virtual@serasana.com](mailto:virtual@serasana.com)