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A P R I L 2 0 1 9



EVERY MONDAY & WEDNESDAY

Pilates ~ 10am

With Julie Schexnayder.

All ages and skill levels are welcome.

Mats provided, donation-based.

SUNDAYS at 6PM

Felice Flow

A free, funky, and focused Vinyasa flow yoga class with Felice Graham. Mats provided, donation-based.

EVERY SATURDAY & SUNDAY

Yoga ~ 9am

With Tyler St. Jean (Saturday) and Jill Tatarski (Sunday). Mats provided, donation-based.

EVERY THURSDAY

Flower Share

with Pistil & Stamen

Our lovely purveyors of all things floral are hosting a monthly flower share in our reception area this month & next. Sign up for their weekly share by visiting their [website](#) and pick up a fresh bouquet, starting at 4pm on Thursdays until 9pm on Sunday evening.

APRIL 23th & APRIL 30th

PlayLab with Gregory Dorado

6pm ~ 7:15pm

An open form task based movement class for all levels of experience. Developed with adults in mind as a space for freely structured movement to honor our need for playful but important physical release. Aimless play and imagination are sure fire ways to unlocking the body's natural inclinations towards impulse and drive.

The body has no conscious concept of the number of reps you do or which day is "leg day" it only really knows, and desires, to stretch, leap, tumble, turn, hoist, fall, fold, and fly! Donation based.

