



Creative Actions Yoga

5753 Nor-Bath Blvd., Bath, PA 18014
732-887-2150
www.CreativeActionsYoga.com

Newsletter - February 2018

Schedule Changes:

- Tuesdays at 5:30pm will now be a Gentle 3
- Wednesdays 5:30pm will now be a Level 1.5
- Fridays at 5:30pm Gentle Foundations will no longer meet

If you are interested in deepening your yoga practice or becoming a yoga teacher, join us on **February 25, 2018 at 11:15am** for more information about our Immersion and Teacher Training Programs.

Please Welcome **Erin** to the Studio, She will be teaching on **Saturdays at 10am**

Book Club will return on Wednesday, **April 4th at 6:45pm**
We will be reading **Big Magic** By Elizabeth Gilbert

February Workshops

Adult and Pediatric CPR
February 11, 2018
4 pm
(Flyer) (Register)

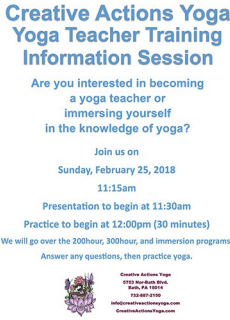


Beginner Yoga Series Workshop

February 21 - March 21, 2018
6:45 - 7:45pm
(Flyer) (Register)



Yoga Teacher Training Information Session
February 25, 2018
11:15am
(Flyer)



Restorative Yoga Workshop
February 25, 2018
4 - 6pm
(Flyer) (Register)



March Workshops

Inversion Workshop
March 11, 2018
4 - 6pm
(Flyer) (Register)

Restorative Yoga Workshop
February 25, 2018
4 - 6pm
(Flyer)

Please Review **Creative Actions Yoga** on

[Facebook \(Click Here\)](#) and [Google \(Click Here\)](#)

THANKS!

Weekly Schedule

Mondays

- 9:30am Align to Flow Yoga (Level 1)
- 5:30pm Yoga Core (All Levels)
- 6:45pm Align to Flow Yoga (Level 2)

Tuesdays

- 9:30am Stretch and Strength (Gentle 1)
- 5:30pm Gentle Flow Yoga (Gentle 3)
- 6:45pm Flow Yoga (Level 1)

Wednesdays

- 9:30am Align to Flow Yoga (Level 1.5)
- 5:30pm Align to Flow Yoga (Level 1.5)
- 6:45pm Beginner Yoga Workshop (5 weeks, starting February 21st)

Thursdays

- 9:30am Stretch and Align Yoga (Gentle 2)
- 5:30pm Yoga Flow (Level 2)
- 6:45pm Yoga Flow (Level 1)

Fridays

- 9:30am Yoga Core (All Levels)
- 10:45am Chair Yoga (Silver Sneakers Accepted)

Saturdays

- 10am Mixed Level Yoga Flow (Levels 1 & 2)

Sundays

- 10am Slow Flow Yoga (Gentle 3)



For more information please go to www.CreativeActionsYoga.com

For Questions or concerns please contact us at: info@creativeactionsyoga.com