



# Open Practice at Garden of Yoga

*Use the studio for your own  
practice and connect with your  
community!*

## Winter/Spring 2024 Dates

- **JANUARY: Sunday, 1/21, 10:30am - 12:30pm**
  - **FEBRUARY: Sunday 2/18, 10:30 am - 12:30pm  
Thursday, 2/29, 4 - 5:30 pm**
  - **MARCH: Sunday, 3/24, 10:30am – 12:30pm**
- \$15 suggested donation or pay what you can  
All proceeds support operation of Garden of Yoga

During Open Practice, the studio is open for you to do your own practice. There is no instructor and no specific class time start or finish. You can show up and leave at any time during the scheduled times.

You are welcome to use any and all props or grab a bolster and book from our assortment or yoga books and make yourself comfortable.

There will be a teacher present, usually doing their own practice, in the studio.

