



Yoga classes teach you how to move your body in new ways. At Darla's Yoga Garden these

movements, or "postures" are performed in a hot room. The Hot Room method of yoga was designed to replicate the conditions of yoga's birthplace, India. Through controlled humidity and temperatures pushing 100 Fahrenheit, the heat reshapes muscles, heals and prevents injuries, reverses aging increases strength, and provides a sense of ease and fluidity throughout your body. Along with yoga's other gifts, the heat offers immediate flexibility, increased fat burning and weight loss potential.



C L A S S S C H E D U L E

Monday	930 S	430 R	630 N
Tuesday	930 R	430 S	630 N
Wednesday	930 R	430 N	630 S
Thursday	930 S	430 R	630 N
Friday			
Saturday	930 N	2PM S	
Sunday	930 N	2PM S	

- N (New)** This class is for everyone.
- R (Regular)** This class is for previous students only.
- S (Silent)** There is no verbal instruction, and this class is for experienced students only.



Darla's Yoga Garden is a private boutique yoga studio. Our facilities have been designed with your total experience in mind. Our small personal hot room style classes are available by referral only. EVERYONE is required to make a reservation for their class – there are a very limited number of spaces and drop-ins cannot be accommodated. Reservations may be made by phone or e-mail. Your reservation is not confirmed until you receive a confirmation. New students, please register by e-mail. New registrants will be contacted and advised of available classes within 24 hours. A wait list is available for all classes. You will not be charged for class until your reservation is confirmed.

yoga classes

Class Fees

- Single Class \$20
- 12-Class Card (*valid 6 months*) \$200
- 30-Day Unlimited Classes \$250



Reservations

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