

APRIL EVENTS & WORKSHOPS

MON · 4/1 · 6 PM · YOGA 101- EVENING SESSION

Elizabeth will lead you through a 4-week introductory course. She'll break down the essential poses of a Power Yoga practice. *\$60*

WED · 4/3 · 9 AM · YOGA 101- MORNING SESSION

Stephanie will lead you through a 4-week introductory course. She'll break down the essential poses of a Power Yoga practice. *\$60*

EVERY SAT · 4/6 · 9:30 AM · YOGA IN THE PARK

Every Saturday morning Spring to Fall we will be offering a donation-based class at Fairview Riverside State Park. Bring a mat, some water, your family and friends. *Suggested donation \$5-15 benefits FRSP. Always weather permitting.*

SAT · 4/6 · 10:30 AM · PAINT YOUR PRACTICE

This fun practice will be an opportunity to truly let go on the mat and get messy! We'll create a masterpiece using our yoga practice as the brush. Come solo or bring your little yogi. *\$35 includes supplies for 1 adult and up to 2 children. All ages encouraged. Bring towel and change of clothes.*

SUN · 4/7 · 3 PM · HEALTHY KIDS WITH EOS

Join Sofia for a workshop on how to use essential oils in your child's life. You will learn DIY recipes and how to safely use EOs to support a healthy and growing little body. *\$10, FREE for BY members.*

FRI · 4/12 · 7 PM · TWEEN YOGA & EXPRESSIVE ARTS

Sofia will teach our tweens and teens how to build inner and outer strength, physical and mental flexibility, and a healthy relationship with their bodies. *\$25 Ages 9-13. Optional to bring your own art journal and supplies.*

SAT · 4/13 · 7:15 PM · MOM'S NIGHT OUT

Calling all super moms! Join us for an hour-long Power Yoga class followed by an opportunity to toast your fellow moms with a glass of wine. *\$10, FREE for BY members.*

SUN · 4/14 · 4:15 PM · YOGA ON TAP

A one-hour vinyasa class at Abita Brewing Company. Followed by a tasty pint o' beer. *\$15 includes one pint of beer. Proceeds benefit the Northshore Humane Society.*

SUN · 4/14 · 6:30 PM · YOGA NIDRA

Experience the power of Yoga Nidra, a meditative consciousness between a fully awakened state and a state of deep sleep. This practice is blissfully nourishing for body, mind and spirit. *\$20*

FRI · 4/19 · 9 AM · PASS THE MIC: GOOD FRIDAY

Begin your Good Friday with a sweaty 90-minute class co-taught by Elizabeth & Nicole. *Standard class rates apply. All other classes cancelled today.*

FRI · 4/19 · LENT CHALLENGE ENDS

Yogis with the most attended classes between Ash Wednesday and Good Friday will be entered into a drawing for Jazz Fest tickets.

SUN · 4/21 · EASTER SUNDAY

In observance of this day the studio will be closed.

WED · 4/24 · ALL DAY · #WILD WEDNESDAY

Last Wednesday of every month we're playing what YOU want to hear... Today we'll jamming out to the hits of an Irish band that impacted the world, U2. *Standard class rates apply. Check out our newsletter to vote for next month's artist or genre.*

WED · 4/24 · 7:15 PM · BY BOOK CLUB

Last Wednesday of every month BYBC meets. This month we'll be reading "The Four Agreements" by Don Miguel Ruiz. Grab a copy, read it, and join us for a 30-minute themed yoga practice followed by an open discussion on the book. *Standard class rates apply.*

FRI · 4/26 · 2 PM · QUICK & HEALTHY BREAKFAST RECIPES FOR THE WHOLE FAMILY

Join Sandi for another awesome opportunity to take our health off the mat and into the kitchen, where it truly starts. On the menu: pancakes, waffles, muffins, and frittatas. *\$49. Please register by Friday, April 19th.*

SAT · 4/27 · 10:15 AM · BY 100 CELEBRATION

This special class is dedicated to our Bayou Yogis who have achieved 100 classes or more. *Invite only.*

SUN · 4/28 · 2PM · RESTORE YOUR POWER

Join Nichol on the last Sunday of every month as she leads you through a series of restorative postures. Hot stones will be placed on the body to melt away tension welcoming a deep sense of calm and peace. *\$35*

EMPOWER YOUR BEING.

www.dobayouyoga.com

info @dobayouyoga.com · 985-237-1842

1800 W. Causeway Approach · Suite 114

Mandeville, LA 70471

