

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>happy new year</i>	2 9a Slow Flow 60 6:30p Ashtanga 75	3 <i>fertility support grp</i> 9a Warm Vinyasa 60 5:30p Flow 60 7p Kundalini*	4 9a Flow 60 10:30a Gentle 60 5p Kids 60 Flow 60 6:30p Warm Vinyasa 60	5 5:30p Warm Flow 60	6  8a Power 45 9a Flow 60 10:30a Gentle 60 7p Yoga Beats	7 9a Flow 60 10:30a Vision Board
8 2p Wellbeing Circle 4p Flow & Restore 60 5:30p Sound Bath	9 9a Slow Flow 60 6:30p Ashtanga 75	10 9a Warm Vinyasa 60 5:30p Flow 60 7p Kundalini*	11 9a Flow 60 10:30a Gentle 60 5p Kids 60 Flow 60 6:30p Warm Vinyasa 60	12 5:30p Warm Flow 60 7p Restore 60	13 8a Power 45 9a Flow 60 10:30a Gentle 60	14 9a Flow 60 11a POP UP @ Carrollwood Market
15 4p Flow & Restore 60	16 <i>mlk day</i> 9a Slow Flow 60 6:30p Ashtanga 75 10:15a Family Flow	17 <i>moon cycles support grp</i> 9a Warm Vinyasa 60 5:30p Flow 60 7p Kundalini*	18 9a Flow 60 10:30a Gentle 60 5p Kids 60 Flow 60 6:30p Warm Vinyasa 60	19 5:30p Warm Flow 60 7p Restore 60	20 8a Power 45 9a Flow 60 10:30a Gentle 60 12p Power 60 Private Event	21 9a Flow 60 10:30a Creativity Workshop
22 4p Flow & Restore 60 5:30p Yoga Nidra	23 9a Slow Flow 60 6:30p Ashtanga 75	24 9a Warm Vinyasa 60 5:30p Flow 60 7p Kundalini*	25 9a Flow 60 10:30a Gentle 60 5p Kids 60 Flow 60 6:30p Warm Vinyasa 60	26 <i>story club</i> 5:30p Warm Flow 60 7p Restore 60	27 8a Power 45 9a Flow 60 10:30a Gentle 60 12p Power 60 6-9p Kids Night Out	28 9a Flow 60
29 4p Flow & Restore 60	30 9a Slow Flow 60 6:30p Ashtanga 75	31 9a Warm Vinyasa 60 5:30p Flow 60 7p Kundalini*	1 9a Flow 60 10:30a Gentle 60 5p Kids 60 Flow 60 6:30p Warm Vinyasa 60	2 5:30p Warm Flow 60 7p Restore 60	3 8a Power 45 9a Flow 60 10:30a Gentle 60 12p Power 60	4 9a Flow 60

Our mission is to provide space to HEAL, GROW, and CONNECT through wellness and community-building. Welcome to our community! ~ moondropyoga.com

Moon Drop Yoga Studio ~ 813-269-9642 ~ 10512 N Dale Mabry Hwy (behind First Citrus)



Nights at Moon Drop

Kundalini Yoga - Tuesdays 7-8:15p (starts 1/3)
Find clarity & release with breathwork, repetitive movements, and a sound bath.

1/6 - Yoga Beats - 7-8p

Enjoy a soulful yoga practice to rhythmic music in a darkened studio. Feel ALIVE!

Self Care Saturday & Sunday

1/8 - Women's Wellbeing Circle - 2p-3:30p

Explore movement, journaling, and breathwork as you unlock your inner voice.

1/8 Sound Bath - 5:30p-6:30p

Find deep relaxation while absorbing the soulful sounds of singing bowls & gong.

1/21 Creativity Workshop 10:30a

Explore your creativity in a relaxed space. Mixed media with painting. Tea included.

1/22 Yoga Nidra - 5:30p-6:30p

Lay back for a relaxing journey through guided meditation. Leave rejuvenated.

Kids & Family Events

1/7 Vision Board Workshop 10:30a

Set your intentions for the New Year-visually! Let's dive into manifesting our dreams!

1/16 "I Have a Dream" - Family Flow 10:15a

Join us for an all-level Flow on MLK day - tea and hot cocoa served after class.

1/27 Kids Night Out 6-9p

Drop the kiddos off for a night of Yoga, crafts, dinner, and a movie. Ages 6+

Community Groups

Fertility Support Group: 6:30-9p FREE

Moon Cycles Support Group: 6:30-7:30p FREE

Support for families effected by bipolar & other MH issues.

Story Club: 6:30p FREE (inquire ahead)

Lessons in Chemistry by Bonnie Garmus

DROP OFF YOUR OLD ELECTRONICS -

E-Recycling by MacDonald Training Center

Classes

\$5 1st Class

\$15 Single Class

Class Packs

\$65 5-Pack

\$120 10-Pack

*families can share

Membership

\$50 First Month

Unlimited

\$99 Monthly Unlimited
 (SPECIAL - was \$125)

\$149 Family Unlimited
 (SPECIAL - was \$199)

Wellness (by appt only)

Infrared Sauna

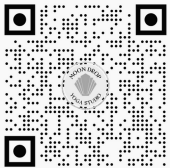
\$15 - 15 min

\$30 - 30 min

Check Web Site for Special Events Pricing

Ask about Virtual Classes, Private Yoga, Reiki, Parties, Workplace Wellness, Off-Site Classes, & Studio Rentals

Which class is right for you?



I want a good workout	medium movement	I need to relax	Inclusive
POWER ASHTANGA VINYASA	FLOW IYENGAR	GENTLE SLOW FLOW PRENATAL	FLOW & RESTORE RESTORE
I'm in good shape	I want to be stronger	I want a long stretch	Kids Teens Husbands Beginners Always Welcome!
<i>a feeling of calm is cultivated in each class</i>		<i>brand new to yoga? try virtual from home</i>	

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