

The Camel Clubhouse



Yoga4Sobriety Studio & Training Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 All level		10 All level	10 Gentle	10 All level		8:30 All level
	5:30 All level	5:30 Gentle	5:30 All level	5:30 Gentle		
7 Refuge Recovery	7 Intermediate	7 All level	7 Intermediate	7 All level		

Class Descriptions

All classes are chakra focused and Twelve Step themed

- **Gentle** - This class consists of seated and kneeling postures. We will focus on stretching, breathwork, and meditation in this relaxing hour that is great for everyone of any level.
- **All Level** - This class consists of seated, kneeling and standing postures. We will focus on stretching, strengthening, breathwork and meditation. Modifications will be given to allow postures to be accessible on multiple levels.
- **Intermediate** - This class consists of seated, kneeling and standing postures. We will focus on stretching, strengthening, breathwork and meditation. Deeper and more challenging postures and breathwork will be included. It is strongly suggested that you have a solid foundation in your yoga practice and recovery for this class.
- **Refuge Recovery** - A mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery

Class Rates

Happy Joyous & Free \$10 Drop In	Rooted In Recovery \$24 - 3 Classes	Trust God Clean House \$42 - 7 Classes	Twelve IN Twelve \$60 - 12 Classes
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