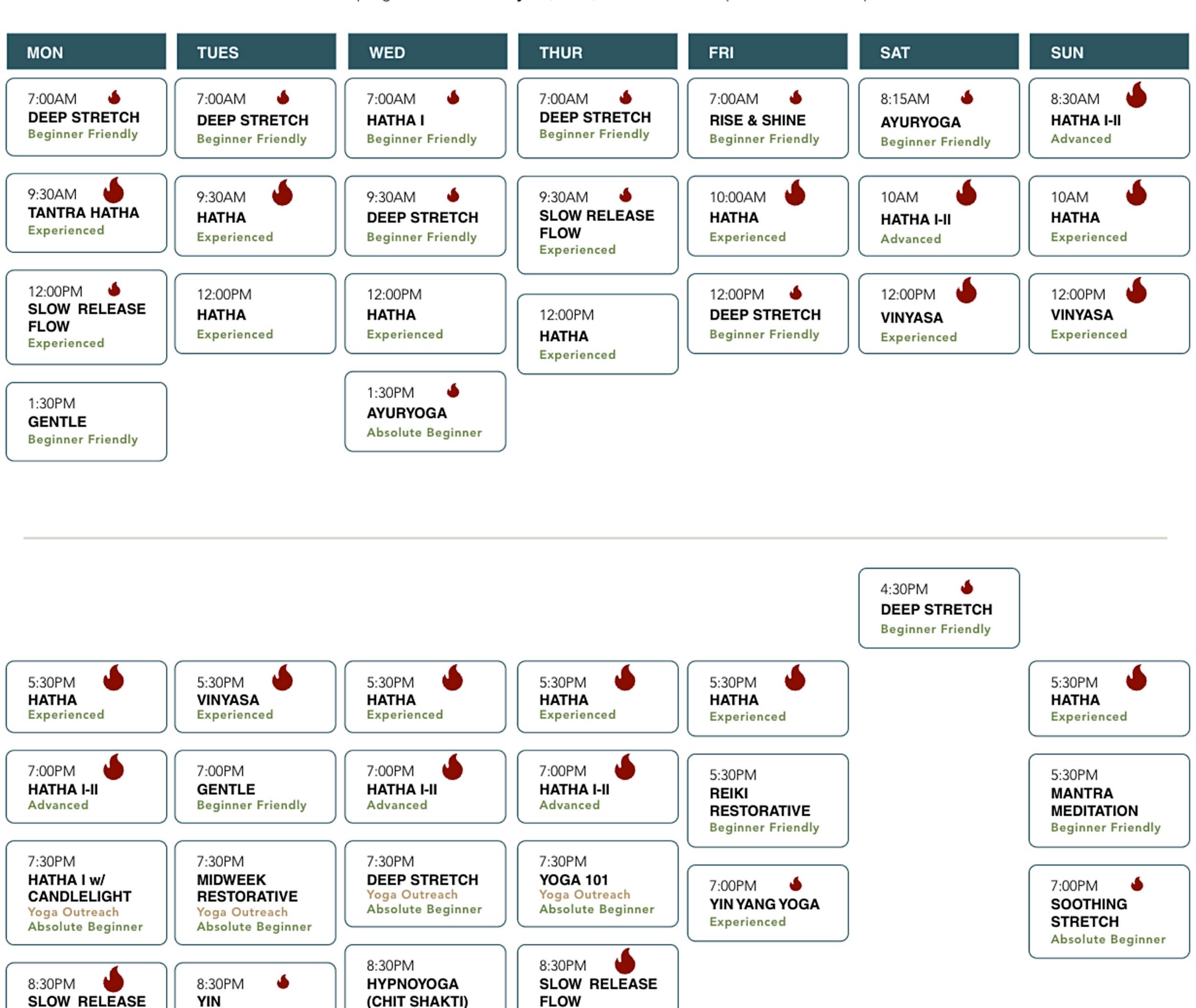
INYE AT A GLANCE

New Spring Schedule starts May 1st, 2025; In-studio & virtual option available for all practices



Beginner Friendly

Hot - Summer (32C-35C) / Winter (34C-37C)

FLOW

Beginner Friendly

- Warm Summer (28C-30C) / Winter (28C-32C)
 - Regular Summer (24C-26C) / Winter (24C-27C)
- *A Yoga mat is required for all practices. Two yoga blocks & a strap are highly recommended.
- ** Yin Meditation, HypnoYoga & Restorative practices are most beneficial with a bolster, a blanket, and two yoga blocks.

Beginner Friendly

*** Yoga Strong practices often use two free weights & two yoga blocks.

MEDITATION

Experienced