

WELCOME!

25+ classes a week

In-person & livestream

Absolute beginners and
seasoned practitioners welcome

Series, workshops, and trainings

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2500 SE 26th Ave / SE Division St.
TheBYMC.com



MONDAY 6:30-7:30am Yoga 2 - Britt Livestream ----- 8:30-9:30am Yoga 1 - Danielle H Livestream ----- 12-12:45pm LunchtimeYoga - Zeyah In-Person + Livestream ----- 5:30-6:30pm Yoga 2 - Tara In-Person + Livestream	TUESDAY 7-8:00am Yoga 1/2 - Tara In-Person + Livestream ----- 8:30-9:30am Yoga 2 - Monicka Livestream ----- 5:30-6:30pm Yoga 1/2 - Britt In-Person + Livestream ----- 6-7pm Yoga At the Farm - Tara + Zeyah In-person At the Side Yard Farm 4800 NE Simpson St, PDX (May - Oct.) ----- 7-8:15pm Prenatal Yoga - Shana Livestream ----- 7-8:15pm Queer + Trans Yoga - Rotating In-Person + Livestream	WEDNESDAY 8:30-9:30am Yoga 1 - Monicka Livestream ----- 12-1:00pm Yoga 2 - Linnea Livestream ----- 5:30-6:45pm Yoga 1/2 - Danielle J. In-Person + Livestream ----- 7:15-8:30pm Restore + Release - Sahar In-Person + Livestream	THURSDAY 8:30-9:30am Yoga 2 - Maneena Livestream ----- 2-3:15pm Accessible Yoga - Michael Livestream ----- 5:30-6:30pm Yoga 2/3 - Sahar In-Person + Livestream ----- 7-8:15pm BIPOC-Only Yoga - Rotating In-Person + Livestream
FRIDAY 6:30-7:30am Yoga 2 - Kate In-Person + Livestream ----- 8:30-9:30am Yoga 1 - Zeyah Livestream ----- 10-11:00am Functional Strength Sahar + Britt In-Person + Livestream ----- 12-12:45pm LunchtimeYoga - Rach In-Person + Livestream	SATURDAY 9-10:15am Yoga 2 - Zeyah In-Person + Livestream ----- 10:45 - 12pm Prenatal Yoga - Shana Livestream	SUNDAY 9-10:00am Yoga 1/2 - Britt In-Person + Livestream ----- 10:30 - 12:00pm Yoga 2/3 - Linnea In-Person + Livestream ----- 7:00-8:00pm Restore + Release - Kusum Livestream	PRICING New Student Special Unlimited Yoga 30 days for \$30! Memberships 5 classes per month - \$65 8 classes per month - \$88 Unlimited monthly classes - \$99 Class Cards 10 Livestream Classes - \$139 10 All Access Classes - \$159 20 All Access Classes \$279 Single Drop-in In-Person + Livestream - \$18 Equity Pricing Available reach out: connect@thebymc.com
CLASSES ARE OFFERED IN 2 FORMATS In-Person + Livestream Registration, class descriptions, workshops, and more: TheBYMC.com			