

Get back to class!



Fall back into your practice with a Challenge

Fall is upon us! The days are getting shorter, the air is getting cooler and it's back to school time. We're excited about our 10th Annual Fall Challenge and we'd love for you to join the party.



Starting your Fall Challenge is a great way to get back into your practice, feel great, build your immunity, and soak up the end of the summer heat.

Be inspired by your community, motivated by your classmates, and have fun while you do something good for yourself. Remember, self

care is healthcare!

Sign up for your Fall Challenge now!

On November 4th we will celebrate all of our students, and especially our Challengers, with a very special **Dia de los Muertos Glowga class and party**. Everyone who completes their Challenge will receive a VIP package for the party that includes a stylish Mission Yoga t-shirt, drink and raffle tickets, stickers and more!



What are you waiting for?



As of this writing, you have 44 days to complete ANY 30 classes - that means you have an extra two weeks to get it done!

Weekend getaway?
Can't do weekends?

No problem, you can be *flexible* with your schedule!

You can do this!

When we were at the One Fire Hot Yoga Fest in spring, a phrase we often heard was "Two 60-minute classes are the new 90-minute classes".

All of our classes count towards your goal of 30 classes! That means you can easily do two 60-minute classes in a day and get it done.



Registration is \$30 and a membership or package is required for classes. Please see our friendly staff at the front desk if you have any questions.

Are you ready for a totally radical good time?

Workout to your fav 80's tunes!

Join Jess Totally 80's Hot Pilates

**Big hair, spandex, leg warmers,
and leotards are welcome,
but not necessary!**

**This Saturday!
September 24th
3pm - 4pm**



Send your 80's song requests to Jess!



Showers!

Ladies and gentlemen, our showers are (mostly) up and running. We've replaced the leaky vinyl flooring with a bulletproof epoxy. Unfortunately, we've discovered a leak in the drain in the big shower in the women's room that will be fixed in the next couple days - plumber willing.

Thank you for your patience during this repair and sorry for the inconvenience.

Mission Yoga | (415) 401-YOGA | [schedule](#) | [email](#) | [website](#)

STAY CONNECTED:



Join us for \$10 Drop-Ins!

Do you like to save money? Are you an early riser?
Do you love feeling energized all day?

Join us for \$10 Drop Ins at all 7:30am Inferno Hot Pilates
classes!