Yoga + Movement

Your weekly rhythm of movement, rest and connection.
B = Lodge Studio, Suite B • D = Meadowsweet Studio, Suite D

MONDAY

9 AM–10:15 AM · Strengthen, Flow + Restore
Debbie Rill · B

10:30 AM–11:30 AM · All Levels Vinyasa Flow Gently Heated
Julieta Grodensky · B

4 PM–5:15 PM · Beginner Yoga
Stephanie Johnston · B

5:45 PM–6:45 PM · Gentle Vinyasa
Cindy Lesher · B

7:15 PM–8:15 PM · Gentle Yoga Nidra
Crystal Deller/Jen Wootten · B

TUESDAY

9 AM–10:15 AM · Beginner Yoga
Stephanie Johnston · B

5:45 PM–6:45 PM · Warm Mindful Moderate Vinyasa
Lizzi Hauck · B

7 PM–8 PM · Cozy Yoga (Gently Heated)
Lizzi Hauck · B

WEDNESDAY

9 AM–10:15 AM · Beginner Yoga
Stephanie Johnston · D

9:30 AM–10:30 AM · Warm Vinyasa Flow
Molly Diodato · B

10:30 AM–11:15 AM · Chair Yoga
Stephanie Johnston · D

11 AM–12:15 PM · Yoga + Meditation
Shanthi Rao · B

5:45 PM–6:45 PM · Vin to Yin - Gently Heated
Jill Lawley/Lizzi Hauck · B

7:15 PM–8:15 PM · Beginner Yoga
Sonnya Nieves · B

THURSDAY

9:30 AM–10:30 AM · LAAIC SO'HAM: Haṃsa Krama L1
Julieta Grodensky · B

6 PM–7:15 PM · All Levels Hatha Yoga
Stephanie Johnston · B

7:30 PM–8:30 PM · Restorative Yoga
Cecilia Arvelo · B

FRIDAY

9 AM–10:15 AM · All Levels Hatha Yoga
Stephanie Johnston · D

9:30 AM–10:30 AM · Breath + Flow
Melissa Winch · B

10:45 AM–12 PM · Low Impact Yoga
Stephanie Johnston · B

4:45 PM–5:45 PM · Power Flow Friday
Nikki Bricker · B

SATURDAY

8:15 AM–9:30 AM · All Levels Hatha Yoga
Stephanie Johnston · B

SUNDAY

12 PM–1 PM · Community Yoga
Free Spirit Yoga Teacher · B

7 PM–8:15 PM · 75 Minute Yin Yoga
Sonnya Nieves · B

CLASS PASS PLANS

New Student Discovery	3 classes	$33	8 days
Single / Military or Student	1 class	$20 / $13.50	2 months
5-Class Plan	5 classes	$90	3 months
10-Class Plan	10 classes	$135	6 months
20-Class Plan	20 classes	$270	9 months
33-Class Plan	33 classes	$363	3 months
Mindful Vinyasa + Cozy Yoga	2 back-to-back	$29	1 month

Breath + Flow: $13.50 drop-in; all class pass plans accepted.

No Hatha Nov 26. No Friday Hatha or Low Impact Nov 27.

No Restorative Yoga Nov 26, Dec 24 or Dec 31. No SO'HAM Dec 24.

SO'HAM runs Nov 26 and Dec 31. No Breath + Flow or Power Flow Dec 25 or Jan 1.

Discovery: new students who are local full-time residents; choose a start date and a different class each visit.

5-, 10-, 20- and 33-class plans are shareable. Class eligibility and online terms apply.

Holiday schedules vary. Check live dates before every visit: brownstonestation.com/book-online.

Gather + Learn

Upcoming events, seasonal classes and continuing education.
Click any title for current details and registration.

November 20, 2026, 6:15–7:30 PM

Full Moon Yoga

Crystal Deller · Lodge B

November 21, 2026, 3:00 – 8:00 PM

A Weekend with Sarah Paz Hyde

Saturday only: Vocal Play Lab & Listening Lounge 3–4:30 PM; Sound Journey 6:30–8 PM. Sunday session canceled.

November 22, 2026, 3–5 PM

Ecstatic Dance with Tracy Buikema

Lodge B · $25 single / $45 two-person pass, plus fees. Returns January 24; fourth Sundays in 2027. No December 2026 session.

November 27, 2026, 10:00 AM – 2:00 PM

Black Friday at Brownstone Station

A special day of services, boutique shopping, and holiday cheer! Enjoy Black Friday boutique pricing, a free gift with an in-person $100 gift card purchase, mulled cider, and snacks. Book Cheri’s $65 samplers, offered 10 a.m.–3 p.m.; boutique festivities run 10 a.m.–2 p.m.

November 28, 2026, 10:00 – 10:40 AM

Family Yoga

with You've Got A Friend Kids Yoga & Mindfulness with Michelle Moglia

December 4, 2026, 6–7:15 PM

New Moon Yoga

Nikki Bricker · Lodge B

December 9, 2026, 6:00 – 8:00 PM

Do It Afraid: A Workshop on Courage, Fear, and Taking Action Anyway

An interactive two-hour workshop with courage coach Erica Lawrence. Explore fear of judgment and leave with one action you're ready to take. December 9, 6–8 PM. $75 per person. Ages 18+. Register directly with Erica.

December 11, 2026, 4:45–5:45 PM

Friday class: SO’HAM

Julieta Grodensky · Replaces Power Flow

December 12, 2026, 10:00 – 10:40 AM

Family Yoga

with You've Got A Friend Kids Yoga & Mindfulness with Michelle Moglia

December 18, 2026, 4:45–5:45 PM

Friday class: Vin to Yin

Jill Lawley · Replaces Power Flow

December 18, 2026, 6:15–7:30 PM

Full Moon Yoga

Crystal Deller · Lodge B

December 19, 2026, 10:00 – 11:30 AM

Winter Solstice 108

December 20, 2026, 2:00 – 4:00 PM

Mind.Body.Sole(s) - Winter Solstice

with Crystal & Sonnya in the cozy Lodge Room

January 5, 2027 at 10:30 AM

Foundations of Cupping with Jim Earley | 8 CE

$225 per person | 8 CE credits. Foundations of Cupping with Jim Earley, LMT. Cupping set included. January 5, 2027, 10:30 AM in Meadowsweet Studio. Email jamesearley1@gmail.com to register and arrange payment directly with Jim.

January 9, 2027 at 9:00 AM – January 10, 2027 at 5:00 PM

Hospice Massage — 16 CE Course with Emma Clites, LMT

Two-day, 16 CE hands-on course on massage for hospice and palliative care clients. $400. Register through the instructor's payment link.

January 11, 2027 at 8:00 AM

Hand-Saving Reflexology with Donna Lenzi

A two-day CE course for massage therapists: learn a versatile reflexology routine designed to give your hands and body a break. January 11–12, 2027, starting at 8 a.m. each day. 18.5 CE credits. Tuition: $388.50.

January 12, 2027, 7:00 – 8:15 PM EST

Mindfulness for Everyday Stress & Focus — Dr. Kelly Ihme

New Year, New Brain: a 75-minute foundational seminar with Dr. Kelly Ihme. Tuesday, January 12, 2027, 7–8:15 PM in Meadowsweet Studio. $45 per person.

Gather + Learn

Upcoming events continued • Check online for fees, availability and current details.

January 14, 2027, 9 AM–6 PM

Forearm Fusion Foundations · 8 CE

Jim Funk · $209 · Register directly with Forearm Fusion.

January 16, 2027, 1:00 – 6:00 PM EST

Energy-Smart Therapist with Kara Lovehart | 5 CE

$125 per person | 5 CE credits. Self-care, boundaries and burnout prevention with Kara Lovehart. January 16, 2027, 1–6 PM Eastern in Meadowsweet Studio, Suite D. Register online through Firefly Hollow Wellness.

January 17, 2027, 9:00 AM – 6:00 PM EST

MindBody Reset with Kara Lovehart | 8 CE

$200 per person | 8 CE credits. Sunday, January 17, 2027, 9 AM–6 PM Eastern, including a one-hour lunch. Meadowsweet Studio, Suite D. Register online through Firefly Hollow Wellness.

January 21, 2027, 9:00 AM – 6:00 PM EST

Restorative Touch with Kara Lovehart | 8 CE

$200 per person | 8 CE credits. Thursday, January 21, 2027, 9 AM–6 PM Eastern, including a one-hour lunch. Meadowsweet Studio, Suite D. Register online through Firefly Hollow Wellness.

January 26, 2027 at 10:30 AM

Advanced Cupping: Static Range of Motion with Jim Earley | 8 CE

$225 per person | 8 CE credits. Advanced Static Cupping: Range of Motion with Jim Earley, LMT. Foundations of Cupping prerequisite; cupping set included. January 26, 2027, 10:30 in Meadowsweet Studio. Register: jamesearley1@gmail.com.

February 2, 2027 at 7:00 PM – March 9, 2027 at 8:15 PM EST

Peak Cognitive Performance — Six-Week Series with Dr. Kelly Ihme

New Year, New Brain: six Tuesday evening classes, February 2–March 9, 2027, 7–8:15 PM in Meadowsweet Studio. $295 covers the entire series. Gmail is required for Google Classroom materials.

February 5, 2027, 6:00 – 7:15 PM

New Moon Yoga: Intention

A quarterly New Moon practice with Nikki Bricker. Intention • Friday, February 5, 2027, 6:00–7:15 PM • Lodge Studio. Book through Wix Bookings.

February 20, 2027, 10:00 AM – 5:00 PM

Developing Your Personal Intuition - Level I With Medium William Stillman 2/20/2027

Developing Your Personal Intuition - Level I With Medium William Stillman February 20, 2027 | 10 AM - 5 PM

April 10, 2027, 7:00 – 9:30 PM

In-Person Psychic Gallery with William Stillman, Psychic-Medium

If you'd like to attend via zoom you would need to go back to the Events page and sign up for the Zoom Event.

April 10, 2027, 7:00 – 9:30 PM EDT

Zoom Only Psychic Gallery with William Stillman, Psychic-Medium

This is the Online/Zoom Registration Only—you may not attend in-person if you signed up for Zoom

May 7, 2027, 6:00 – 7:15 PM

New Moon Yoga: Renewal

A quarterly New Moon practice with Nikki Bricker. Renewal • Friday, May 7, 2027, 6:00–7:15 PM • Lodge Studio. Book through Wix Bookings.

May 15, 2027, 10:00 AM – 5:00 PM

Developing Your Personal Intuition - Level I With Medium William Stillman 5/15/2027

Developing Your Personal Intuition - Level I With Medium William Stillman May 15, 2027 | 10 AM - 5 PM

May 23, 2027, 12:00 – 3:00 PM

William Stillman Pet Readings - May 23rd 2027

July 17, 2027, 10:00 AM – 5:00 PM

Developing Your Personal Intuition - Level II With Medium William Stillman 7/17/2027

Suite B Lodge Studio at Brownstone — July 17, 2027 | 10 AM - 5 PM

August 27, 2027, 6:00 – 7:15 PM

New Moon Yoga: Balance

A quarterly New Moon practice with Nikki Bricker. Balance • Friday, August 27, 2027, 6:00–7:15 PM • Lodge Studio. Book through Wix Bookings.

Gather + Learn

Upcoming events continued • Check online for fees, availability and current details.

October 30, 2027, 7:00 – 9:30 PM

In-Person Psychic Gallery with William Stillman, Psychic-Medium

If you'd like to attend via zoom you would need to go back to the Events page and sign up for the Zoom Event.

October 30, 2027, 7:00 – 9:30 PM EDT

Zoom Only Psychic Gallery with William Stillman, Psychic-Medium

This is the Online/Zoom Registration Only—you may not attend in-person if you signed up for Zoom

December 3, 2027, 6:00 – 7:15 PM

New Moon Yoga: Reflection

A quarterly New Moon practice with Nikki Bricker. Reflection • Friday, December 3, 2027, 6:00–7:15 PM • Lodge Studio. Book through Wix Bookings.