

BIG Power Yoga Hosts Yoga Palooza, a Completely Free Yoga Weekend, for Houston

On January 19-21, the Houston yoga studio opens its doors for a completely free, weekend-long yoga festival for all ages.

HOUSTON, TEXAS, UNITED STATES, January 16, 2024 /EINPresswire.com/ -- BIG Power Yoga, a renowned yoga studio located in the heart of Houston, is excited to host Yoga Palooza, a weekend-long yoga festival designed to set up the local community powerfully for the year to come. From January 19th to 21st, BIG is offering a weekend filled with free yoga classes, interactive workshops, and an array of festival-style activities.

Highlights of the Weekend:

- Yoga for Everyone: Offering free yoga classes for all levels, the event is designed to welcome everyone from beginners to seasoned practitioners.
- Family-Friendly Fun: Activities and yoga classes tailored for adults, toddlers, and kids ensure a joyful experience for the entire family.

Engaging On the Mat Activities:

- Flow Classes with a Twist: Experience live music classes with Nancy, BIG's owner, alongside The Anjali Project band, and unique sessions like 'The BIG Vibe' featuring yoga, music, and more.
- Workshops for Depth: Dive deeper into yoga with workshops like 'Inversions with Angie,' 'Yoga Foundations with Sarah,' and 'Mind Body and Spirit with Janan.'

Off the Mat Experiences:

- Wellness: Engage in Recovery Sessions with MMVT Chiropractic and explore the art of henna



BIG YOGA PALOOZA!
FULL WEEKEND LINEUP

DAY 1 FRIDAY JAN 19

5:45 AM PFJ 60 w Michael 7:30 AM PFJ 60 w Mallory 9 AM PFJ 60 w Bibbin
12 PM BIG Beats 60 w Nancy 2 PM Intro to Powerful Flow w Gayatri 4:30 PM PFJ 60 w Gayatri
5:30 PM The BIG Vibe w Jamie, Ben and DJ Henson 5:30 PM Kids 4+ w Cassie and Jenny

DAY 2 SATURDAY JAN 20

8 AM PFJ 60 w Rae 8 AM Toddler Yoga 60 w BIG Kids Team
10 AM Vinyasa + Vibes 60 w Juan
12:15 PM How to Lead your Biggest Life: Taking your Practice Off the Mat w Nancy & Mallory
3 PM PFJ 60 w Bibbin

DAY 3 SUNDAY JAN 21

8 AM PFJ 60 w Meggie 9:30-11 AM BIG Beats 90 w Nancy with Live Music w The Anjali Project
9:30-11 AM Kids Yoga Ages 4+ w Somebody Awesome 11 AM Henna Booth w Soniya
11:15 - 11:45 AM Community Circle w Nancy 12 PM PFJ 60 w Regie
12 PM Kids Yoga Ages 4+ w Somebody Awesome 2 PM Inversions Workshop w Angie
2 PM What Yoga Really Is: Mind Body Spirit w Janan 3:30 PM Yoga Foundations w Sarah
3:30 PM Restorative Yin and Sound Bowls w Cesar and Lenee 5 PM PFJ 60 w Jenny

www.bigpoweryoga.com

PFJ - Powerful Flow Jams.
BIG's signature vinyasa class

BIG Power Yoga is hosting three days of completely free yoga, January 19-21, 2024.

with Soniya from the Original Henna Company.

- Community Building: Join Nancy and Mallory in 'How to Lead your Biggest Life' session and the 'Community Circle' to connect and share experiences.

Exclusive Offers:

Participants can also enjoy membership and retail discounts, exciting raffles, and giveaways throughout the event.

BIG Power Yoga is committed to creating a space where the Houston community can come together to create and live their biggest lives possible, both on and off the mat. This event promises to be a memorable weekend of wellness, connection, and fun for all ages.

For more information and to register for free classes, please visit <https://bigpoweryoga.com/>.

Brianne Wheeler

BIG Power Yoga

+1 832-291-0977

askbig@bigpoweryoga.com

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