

CLASS CALENDAR: JUNE-SEP

There is so much to do at the farm! Please sign up 24 hours in advance for all activities.

ACTIVITY	MON	TUES	WED	THU	FRI	SAT	SUN
Volunteer in the Gardens			9-10:30am	9-10:30am	9-10:30am	9-10:30am	
Fly Fishing 101			10:30am-12pm				
Yoga	10-11am Creative Yoga, Alex 6-7pm Gentle Vinyasa, Hannah	10-11am Yoga for Well-Being, Erica 6-7pm Yoga for Well-Being, Erica	9-10am Fire Flow Yoga, Lindsay 6-7pm Yoga for Well-Being, Erica	9-10am Rise & Shine All Levels Yoga, Ashley	10-11am Vinyasa Flow, Nico	9-10am Rise & Shine All Levels Yoga, Ashley 10:15-11:15am Vinyasa, Olivia	10-11am Vin-Yin, Nico
Edible & Medicinal Plant Walk & Tea-Making				10:15-11:45am			
Naturalist Guided Hike						10:15-11:45am	
Sustainability Tour		3-4pm			3-4pm		

CLASS DESCRIPTIONS: JUNE-SEP

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*Glamping guests receive a discount on certain farm activities.

CLASS	DESCRIPTION	PRICE
Creative Yoga, Alex	Creative, vinyasa style sequencing with an emphasis on intuitive movement, pranayama & anatomical cueing. Variations & modifications will be offered.	\$20 drop in
Gentle Vinyasa, Hannah	Connect to your breath, body, and senses in this open level vinyasa flow. Includes a grounding pranayama practice, a gentle flow, and a meditative savasana.	\$20 drop in
Vinyasa & Vin-Yin, Nico	A gentle class - powerful yet soothing for a full body experience. Her Vin-Yin classes incorporates a gentle vinyasa class with yin poses at the end.	\$20 drop in
Fire Flow, Lindsay	This strength focused bodyweight class includes a blend of vinyasa, barre, and pilates movements within a slow flow oriented pace, plus guided meditation & breathwork.	\$20 drop in
Vinyasa, Olivia	A power vinyasa flow for all levels. Sequence will be tailored to each class but follows an outline of sun salutations, balancing poses, strength and flexibility.	\$20 drop in
Yoga for Well-Being, Erica	Powerful yet gentle blend of aligned movement, mindful meditation, and deep relaxation. At times, we will focus and integrate specific Chakras.	\$20 drop in
Rise & Shine All Levels, Ashley	Mindfulness practices inspired by wild nature to connect more deeply w/ yourself; may be influenced by yoga nidra, mindful self-compassion, or other somatic modalities.	\$20 drop in
Garden Volunteering	Get your hands dirty in the gardens. Whether it is planting, weeding, harvesting, or other farm chores, this is a great activity to get outside and learn about gardening.	FREE
Sustainability Tour	Walk the farm & learn about the components that power our sustainable practices including our annual gardens, permaculture food forests, composting, recycling and more. Maybe you can incorporate some of this into your daily life!	\$25 per person*
Fly Fishing 101	Learn the basics of fly fishing so you have the skills to step out on the big waters. Skills learned: equipment overview, tying lines, fly types, casting techniques & more.	\$60 per person*
Edible/Medicinal Plant Walk & Tea-Making	Join our Naturalist in Residence for a guided hike to learn about the wild edible and medicinal plants that grow at Bodhi Farms. We'll nibble some edibles and craft a wild herbal tea blend together to savor as we sit by the creek.	\$45/adult* & \$25/child* (3-12 yrs)
Naturalist Guided Hike	Join our Naturalist in Residence for a guided hike around the farm to learn about the birds, wildflowers, trees, creek critters, and wildlife that call Bodhi Farms home. Take the knowledge you gain from this hike as you explore other parts of the Gallatin Valley!	\$45/adult* & \$25/child* (3-12 yrs)