



Yoga + Movement

A weekly rhythm of movement, rest, and connection.

B = Lodge Studio, Suite B | **D** = Meadowsweet Studio, Suite D | * = Zoom option

MONDAY

9-10:15 AM	Strengthen, Flow + Restore* Debbie Rill	D
10:30-11:30 AM	All Levels Vinyasa Flow* Julieta Grodensky · Gently heated	B
4-5:15 PM	Beginner Yoga Stephanie Johnston	D
5:45-6:45 PM	Gentle Vinyasa* Cindy Leshner	B
7:15-8:15 PM	Gentle Yoga Nidra* Crystal Deller / Jen Wootten	B

TUESDAY

9-10:15 AM	Beginner Yoga Stephanie Johnston	D
5:45-6:45 PM	Warm Mindful Moderate Vinyasa Lizzi Hauck · Gently heated	B
7-8 PM	Cozy Yoga Lizzi Hauck · Gently heated	B

WEDNESDAY

9-10:15 AM	Beginner Yoga Stephanie Johnston	D
9:30-10:30 AM	Warm Vinyasa Flow Molly Diodato · Heated 80-90°F	B
10:30-11:15 AM	Chair Yoga Stephanie Johnston	D
11 AM-12:15 PM	Yoga + Meditation Shanthi Rao	B
5:45-6:45 PM	Vin to Yin Lizzi Hauck / Jill Lawley · Gently heated	B
7:15-8:15 PM	Beginner Yoga Sonnya Nieves	B

THURSDAY

9:30-10:30 AM	LAAIC SO'HAM: Haṃsa Krama L1* Julieta Grodensky	B
6-7:15 PM	All Levels Hatha Yoga Stephanie Johnston	D
7:15-8:15 PM	Restorative Yoga Cecilia Arvelo	B

FRIDAY

9-10:15 AM	All Levels Hatha Yoga Stephanie Johnston	D
9:30-10:30 AM	Breath + Flow Melissa Winch · \$13.50 drop-in	B
10:30-11:45 AM	Low Impact Yoga Stephanie Johnston	D
4:45-5:45 PM	Power Flow Friday Nikki Bricker · Heated 80-90°F	B

SATURDAY

8:15-9:30 AM	All Levels Hatha Yoga Stephanie Johnston	D
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SUNDAY

12-1 PM	Community Yoga Free Spirit Yoga · Donation based	D
7-8:15 PM	75 Minute Yin Yoga Sonnya Nieves	B

November notes

No Power Flow Nov. 6. No Hatha Nov. 26.
No Friday Hatha or Low Impact Nov. 27.
Please check the live calendar before each visit.

Class Pass Plans

MOVE OFTEN. FIND YOUR FLOW.

Plan	Classes	Price	Valid for
New Student Discovery	3	\$33	8 days ¹
Single Class	1	\$20	2 months
Military / Student (age 13+)	1	\$13.50	2 months
5-Class Plan	5	\$90	3 months
10-Class Plan	10	\$135	6 months
20-Class Plan	20	\$270	9 months
33-Class Plan	33	\$363	3 months
Mindful Vinyasa + Cozy Yoga	2, back-to-back	\$29	1 month

¹ New students who are local full-time residents; choose a start date and a different class each visit. Purchaser only.
5-, 10-, 20- and 33-class plans are shareable. Eligibility varies by class; special events may have separate tuition.
Breath + Flow with Melissa: all class pass plans accepted; special drop-in rate \$13.50.



Scan to view live dates and reserve your class.

brownstonestation.com | Text (717) 927-7500
320 E. 2nd St., Hummelstown, PA 17036



UPCOMING EVENTS / OCT. 2026 - DEC. 2027

Gather + Learn

Special events, seasonal gatherings, and Massage CE classes.

FALL + HOLIDAY 2026

SAT, OCT. 31 | 9 AM-3 PM

Reiki Level I with Audrey Rai

Lodge Studio (B) · \$205 including ticket fee.
Attunement and certification; no massage CE credits.

OCT. 31 · NOV. 7, 14 & 28 · DEC. 12

Family Yoga with Michelle Moglia

10-10:40 AM · Meadowsweet Studio (D).
For families with children ages 2-7.

FRI, NOV. 6 & DEC. 4 | 6-7:15 PM

New Moon Yoga

Nikki Bricker · Lodge Studio (B) + Zoom.

SUN, NOV. 8 | 1-3 PM

Fall Open House

Brownstone Station + Pelle Sana Facial Spa.
An afternoon of wellness benefiting 3.21 for Life.

FRI, NOV. 20 & DEC. 18 | 6-7:15 PM

Full Moon Yoga

Lodge Studio (B) / outdoors, weather permitting;
Zoom option available.

SAT-SUN, NOV. 21-22

A Weekend with Sarah Paz Hyde

Spirit of the Breath: Sat. 3-4:30 PM.
Sound Journey: Sat. 6:30-8 PM or Sun. 10-11:30 AM.
Lodge Studio (B) · Reserve each experience online.

FRI, NOV. 27 | 10 AM-2 PM

Black Friday at Brownstone Station

Boutique shopping, seasonal specials, cider and snacks.

WED, DEC. 9 | 6-8 PM

Do It Afraid: A Workshop on Courage

With Erica Lawrence · \$75 · Ages 18+.
Register directly with Erica via the event listing.

SAT, DEC. 19 | 10-11:30 AM

Winter Solstice 108

Welcome winter with Lizzi Hauck.

SUN, DEC. 20 | 2-4 PM

Mind.Body.Sole(s) - Winter Solstice

With Crystal & Sonnya · Lodge Studio (B).

MASSAGE CONTINUING EDUCATION

JAN. 5, 2027 | 10:30 AM-4:30 PM*

Foundations of Cupping · 8 CE

Jim Earley, LMT · \$225 · Cupping set included.
Meadowsweet (D) · jamesearley1@gmail.com

JAN. 9-10, 2027 | 9 AM-5 PM DAILY

Hospice Massage · 16 CE

Emma Clites, LMT · \$400 · Two-day hands-on course.
Instructor payment link online · achesawayemma@gmail.com

JAN. 16, 2027

Energy-Smart Therapist: Self-Care, Boundaries & Burnout Prevention · 5 CE

Kara Lovehart / Firefly Hollow · \$125

JAN. 17, 2027

MindBody Reset: A Systems-Based Approach to Stress Management and Burnout Prevention · 8 CE

Kara Lovehart / Firefly Hollow · \$200

JAN. 21, 2027 · NEW DATE

Restorative Touch: Massage Therapy for Chronic Stress and Trauma · 8 CE

Kara Lovehart / Firefly Hollow · \$200 · Lodge Studio (B)

Kara's classes are held at Brownstone Station. Final times and Firefly Hollow registration links coming soon.

Jan. 21 only: Julieta's 9:30-10:30 AM class meets in Meadowsweet (D).

JAN. 26, 2027 | 10:30 AM-4:30 PM*

Advanced Cupping: Static Range of Motion · 8 CE

Jim Earley, LMT · \$225 · Cupping set included.
Foundations prerequisite · Meadowsweet (D).
Register: jamesearley1@gmail.com

*Cupping finish times: confirm with Jim.

CE information: brownstonestation.com/post/education

SAVE THE DATE: MORE IN 2027

FEB. 5 · MAY 7 · AUG. 27 · DEC. 3

Quarterly New Moon Yoga with Nikki

Fridays, 6-7:15 PM · Lodge (B) + Zoom.
Intention · Renewal · Balance · Reflection.

FEB. 20 OR MAY 15 | 10 AM-5 PM

Developing Your Personal Intuition - Level I

With Medium William Stillman.

APR. 10 & OCT. 30 | 7-9:30 PM

Psychic Gallery with William Stillman

In person or Zoom; choose matching registration.

MAY 23 | NOON-3 PM

Pet Readings with William Stillman

Reserve through the event listing.

JULY 17 | 10 AM-5 PM

Developing Your Personal Intuition - Level II

With Medium William Stillman · Lodge Studio (B).



Scan for event details, tickets, and CE registration.

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