

Who We Are

Aurora Wellness Studio is a boutique space for movement, mindfulness, and community. Since 2019 we have helped hundreds of members feel stronger, calmer, and more connected.

Our Services

- 🌿 Yoga & Pilates classes, all levels
- 🌿 Small-group strength training
- 🌿 Guided meditation & breathwork
- 🌿 Nutrition & lifestyle coaching
- 🌿 Workshops & weekend retreats

"A calmer mind in a stronger body."

Weekly Schedule

Mon • Vinyasa Flow	7:00 AM
Tue • Strength Circuit	6:00 PM
Wed • Restorative Yoga	7:00 PM
Thu • Pilates Core	12:00 PM
Fri • Meditation	8:00 AM
Sat • Community Flow	9:00 AM

Membership

Drop-in \$22 • Monthly \$120 • Annual \$1,200. First class free for new members.

📍 24 Linden Street, Portland, OR

📞 (503) 555-0142

✉️ hello@aurorastudio.co

🌐 aurorastudio.co

Aurora Wellness

move • breathe • thrive



A boutique studio for
movement & mindfulness