



Yoga



Monthly Events



Special Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	Yoga - Breathe + Flow 6 PM	28	29	30	1 Yoga - Movement Meditation 5:30 PM	2 Community Yoga 9 AM
3	Yoga - Breathe + Flow 6 PM	5	6	7 Journey Circle 7 PM	8 Yoga - Movement Meditation 5:30 PM	9 Community Yoga 9 AM Oracle 12pm
10	Yoga - Breathe + Flow 6 PM	12	13 Yoga - 8:45 AM	14	15 Yoga - Movement Meditation 5:30 PM	Community Yoga 9 AM
17	Yoga - Breathe + Flow 6 PM	19	20	Sisterhood Circle 6 PM	22 Yoga - Movement Meditation 5:30 PM	Community Yoga 9 AM Reiki 1 - 10 AM
24	Yoga - Breathe + Flow 6 PM	26	27 Restorative Yoga 7 PM	The Round Table 6 PM	29 Yoga - Movement Meditation 5:30 PM	30 Community Yoga 9 AM
31	Yoga - Breathe + Flow 6 PM	2	3	4	5 Yoga - Movement Meditation 5:30 PM	6 Community Yoga 9 AM