

November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 9:30AM RESTORATIVE 11:00 AM MEDITATION 6:30PM HATHA FLOW 8:00 YIN	5	6	7 10:30AM HATHA 12:00PM YIN 6:30PM RESTORATIVE 8:00PM MEDITATION	8	9 YIN & BESALT HOT STONE THERAPY 7:00PM - 9:00PM \$50
10	11 9:30AM RESTORATIVE 11:00 AM MEDITATION 6:30PM HATHA FLOW 8:00 YIN DROP IN \$10	12	13	14 10:30AM HATHA 12:00PM YIN 6:30PM RESTORATIVE 8:00PM MEDITATION	15	16
17	18 9:30AM RESTORATIVE 11:00 AM MEDITATION 6:30PM HATHA FLOW 8:00 YIN	19	20 TREATING COMMON AILMENTS WITH ESSENTIAL OILS 6:30PM - 8:30PM \$30	21 10:30AM HATHA 12:00PM YIN 6:30PM RESTORATIVE 8:00PM MEDITATION	22 YOGA FOR FIRST RESPONDERS & HEALTH CARE WORKERS 7:00PM - 8:15PM \$15	23 REIKI LEVEL II 8:00AM - 4:00PM \$225
24	25 9:30AM RESTORATIVE 11:00 AM MEDITATION 6:30PM HATHA FLOW 8:00 YIN	26	27	28 10:30AM HATHA 12:00PM YIN 6:15PM RESTORATIVE 8:00PM MEDITATION DROP IN \$10	29	30
1	2	Notes				