

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 <i>YIN YOGA, REIKI & OILS 90MIN \$40 1:00PM-2:30PM</i>
2 <i>REIKI LEVEL I CERTIFICATION 9:00-5:00PM \$200</i>	3 9:30AM RESTORATIVE 11:00AM MEDITATION 6:30PM HATHA FLOW DROP IN \$7 8:00 YIN	4	5	6 10:30AM HATHA 12:30PM YIN 6:30PM RESTORATIVE 8:00PM MEDITATION DROP IN \$7	7	8
9	10 9:30AM RESTORATIVE 11:00AM MEDITATION 6:30PM HATHA FLOW 8:00 YIN	11	12	13 10:30AM HATHA 12:30PM YIN 6:30PM RESTORATIVE 8:00PM MEDITATION	14	15
16 <i>CHAKRA BALANCING MEDITATION & YOGA NIDRA \$50 1:00PM-3:00PM</i>	17 9:30AM RESTORATIVE 11:00AM MEDITATION 6:30PM HATHA FLOW 8:00 YIN	18	19 <i>TRAUMA SENSITIVE YOGA 7:00PM-8:15PM \$10 DROP IN</i>	20 10:30AM HATHA 12:30PM YIN 6:30PM RESTORATIVE DROP IN \$7 8:00PM MEDITATION	21	22
23	24 9:30AM RESTORATIVE 11:00AM MEDITATION 6:30PM HATHA FLOW 8:00 YIN DROP IN \$7	25	26	27 10:30AM HATHA 12:30PM YIN 6:30PM RESTORATIVE 8:00PM MEDITATION	28	29
1	2	Notes				