

January 2020



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