

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 YIN YOGA, REIKI & OILS 90MIN \$40 1:00PM-2:30PM
2 REIKI LEVEL I CERTIFICATION 9:00-5:00PM \$200	3 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW DROP IN \$7 7:45 YIN 9:00 MEDITATION	4	5	6 10:00AM HATHA 11:15 MEDITATION 12:00PM YIN 6:30PM RESTORATIVE 7:45PM HATHA 9:00 MEDITATION	7	8
9	10 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN 9:00 MEDITATION	11	12	13 10:00AM HATHA 11:15 MEDITATION 12:00PM YIN 6:30PM RESTORATIVE 7:45PM HATHA 9:00 MEDITATION	14	15
16 CHAKRA BALANCING MEDITATION & YOGA NIDRA \$50 1:00PM-3:00PM	17 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN 9:00 MEDITATION	18	19 TRAUMA SENSITIVE YOGA 7:00PM-8:15PM \$10 DROP IN	20 10:00AM HATHA 11:15 MEDITATION 12:00PM YIN 6:30PM RESTORATIVE 7:45PM HATHA 9:00 MEDITATION	21	22
23	24 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN 9:00 MEDITATION	25	26	27 10:00AM HATHA 11:15 MEDITATION 12:00PM YIN 6:30PM RESTORATIVE 7:45PM HATHA 9:00 MEDITATION DROP IN \$7	28	29
1	2	Notes REGULAR CLASSES: MEDITATIONS ARE 30 MIN IN LENGTH YOGA CLASSES 1HR IN LENGTH				