

# March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN	<b>3</b>	<b>4</b>	<b>5</b> 10:30AM HATHA 11:30 MEDITATION 12:15PM YIN 6:30PM RESTORATIVE 7:45PM MEDITATION	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN	<b>10</b>	<b>11</b>	<b>12</b> 10:30AM HATHA 11:30 MEDITATION 12:15PM YIN 6:30PM RESTORATIVE 7:45PM HATHA	<b>13</b>	<b>14</b> <b>REIKI LEVEL II CERTIFICATION 9:00-4:00PM \$225</b>
<b>15</b>	<b>16</b> 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN	<b>17</b>	<b>18</b> <b>YIN &amp; HOT STONE THERAPY 2HRS \$40 18:00PM- 20:00PM</b>	<b>19</b> 10:30AM HATHA 11:30 MEDITATION 12:15PM YIN 6:30PM RESTORATIVE 7:45PM MEDITATION	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN	<b>24</b>	<b>25</b>	<b>26</b> 10:30AM HATHA 11:30 MEDITATION 12:15PM YIN 6:30PM RESTORATIVE 7:45PM HATHA	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> 9:30AM YIN 10:45AM MEDITATION 11:30 HATHA 6:30PM HATHA FLOW 7:45 YIN	<b>31</b> <b>REIKI LEVEL I CERTIFICATION 9:00-4:00PM \$200</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>Notes</b> REGULAR CLASSES: MEDITATIONS ARE 30 MIN IN LENGTH YOGA CLASSES 1HR IN LENGTH				