

FRIDAY, MAY 31, 2024

MAIN STREET STUDIO		
START	END	EVENT
12:00 PM	6:00 PM	CHECK-IN / STORE / MASSAGE

CURLY WILLOW STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	TBD	Kaitie	Aissa
3:00 PM	5:00 PM	Gentle Flow	Valerie	Aissa
5:30 PM	7:00 PM	Busting Yoga Myths and Breaking Rules!	Nadine	Aissa

LEGION STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	Chakra Delight	Erica	Adrian
3:00 PM	5:00 PM	TBD	Lola	Adrian
5:30 PM	7:00 PM	Nature-based Ayurvedic Yoga & Lifestyle	Brenda	Adrian

FIT STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	TBD	TBD	Sarah
3:00 PM	5:00 PM	Holistic Yoga Energy Flow	Cody	Sarah
5:30 PM	7:00 PM	Strength for Yoga Practitioners	Jen Ambrose	Sarah

THE PAVILION				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	Foot & Ankle Exploration	Alyssa	Avril/Avery
3:00 PM	5:00 PM	BUTI YOGA	Carolyn	Avril/Avery
5:30 PM	7:00 PM	Nurture with Nidra	Angie	Avril/Avery

ART GALLERY STUDIO				
START	END	EVENT		

SATURDAY, JUNE 1, 2024

MAIN STREET STUDIO		
START	END	EVENT
7:00 AM	6:00 PM	CHECK-IN / STORE / MASSAGE

CURLY WILLOW STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Goddesses of Yoga	Deb	Aissa
10:00 AM	12:00 PM	Yoga Workshop: Busting Myths and Breaking Rules!	Nadine	Aissa
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	The First Asana: Yoga for Meditation	Darcy	Alli
5:00 PM	6:30 PM	Yoga & Self Massage	Jen Varner	Alli

LEGION STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Smile Flow: A Guided Journey to You & Your Joy	Devin	Sarah
10:00 AM	12:00 PM	Earth Medicine Yoga	Brenda	Sarah
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	Chakra Delight	Erica	Mary Jane
5:00 PM	6:30 PM	Meditation Exploration	Jen Ambrose	Mary Jane

FIT STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Holistic Yoga Cardio Flow	Cody	Jordyn
10:00 AM	12:00 PM	BUTI YOGA	Carolyn	Jordyn
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	Intermediate Vinyasa	Valerie	Avery
5:00 PM	6:30 PM	Flow Into Crow	Mary	Avery

THE PAVILION				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Gentle Yoga & Nidra	Leigh	Nadia
10:00 AM	12:00 PM	Yin Yoga Reiki Experience	Suzy	Nadia
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	Thal Massage	Cici	Adrian/Avril
5:00 PM	7:00 PM	Nurture with Nidra	Angie	Adrian/Avril

ART GALLERY STUDIO				
START	END	EVENT		
11:00 AM	12:00 PM	FREE COMMUNITY CLASS - GENTLE YOGA	Emerson	Carra

SUNDAY, JUNE 2, 2024

MAIN STREET STUDIO		
START	END	EVENT
7:00 AM	3:00 PM	GOODBYE COOKIES / STORE / MASSAGE

CURLY WILLOW STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	How to make an irresistible home practice	Darcy	Jordyn
10:00 AM	12:00 PM	Goddesses of Yoga	Deb	Jordyn
12:30 PM	2:00 PM	Koshas: An Exploration of Self	Suzy	Jordyn

LEGION STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	TBD	Kaitie	Nadia
10:00 AM	12:00 PM	All About Balance	Alyssa	Nadia
12:30 PM	2:00 PM	Freeing the Feet	Leigh	Nadia

FIT STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Smile Flow: A Guided Journey to You & Your Joy	Devin	Alli
10:00 AM	12:00 PM	On the Ball	Mary	Alli
12:30 PM	2:00 PM	TBD	TBD	Alli

THE PAVILION				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Thal Massage	Cici	Carra/Mary Jane
10:00 AM	12:00 PM	Journaling & Yoga Nidra	Jen Varner	Carra/Mary Jane
1:00 PM	2:30 PM	TBD	Lola	Carra/Mary Jane

ART GALLERY STUDIO				
START	END	EVENT		
11:00 AM	12:00 PM	FREE COMMUNITY CLASS - GENTLE YOGA	Emerson	