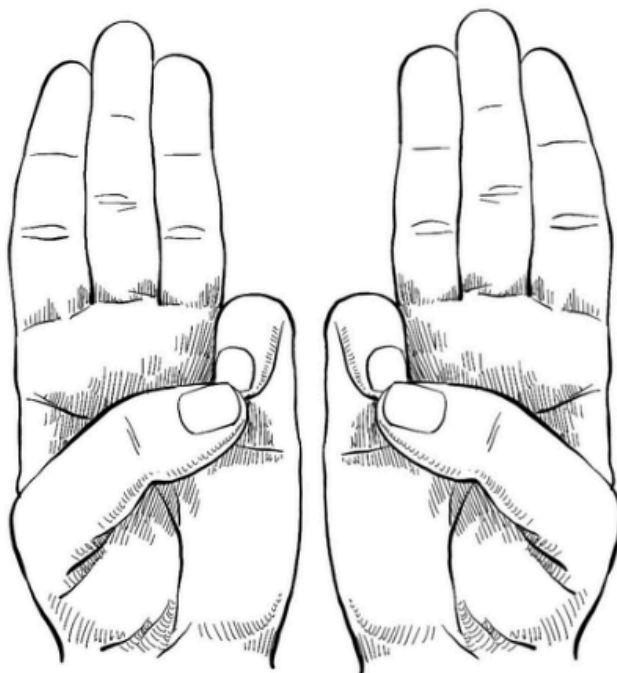


# July 2024



Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)</p>	<p>3 6am - Rise &amp; Shine Flow (James) 6pm - Restorative Yoga (Leann)</p>	<p>4 9am - Yoga &amp; Mobility Flow (Erica)</p>	<p>5 9am - Friday AM Flow (James)</p>	<p>6 9:45am - Flow &amp; Yin Yoga (Erica)</p>
<p>9 5pm - Walking Meditation (Leann)</p>	<p>10 6am - Rise &amp; Shine Flow (James) <b>6pm - Rekindling Our Relationship with Nature</b></p>	<p>11 9am - Yoga &amp; Mobility Flow (Erica) 6pm - Vinyasa Flow (Amy)</p>	<p>12 9am - Friday AM Flow (James)</p>	<p>13 7am - Sunrise Vinyasa Flow (Erica)</p>
<p>16 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)</p>	<p>17 6am - Rise &amp; Shine Flow (James) 6pm - Restorative Yoga (Leann)</p>	<p>18 9am - Yoga &amp; Mobility Flow (Erica) 6pm - Vinyasa Flow (Amy)</p>	<p>19 9am - Friday AM Flow (James)</p>	<p>20 <b>Full Moon Festival @Sterling Lake (registration required)</b></p>
<p>23 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)</p>	<p>24 6am - Rise &amp; Shine Flow (James) <b>6pm - Guided Meditation (Crystal)</b></p>	<p>25 9am - Yoga &amp; Mobility Flow (Erica) 6pm - Vinyasa Flow (Amy)</p>	<p>26 9am - Friday AM Flow (James)</p>	<p>27 9:45am - Flow &amp; Yin Yoga (Erica) <b>3pm - YOMA Thai Massage &amp; Yoga (Leann &amp; James)</b></p>
<p>30 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)</p>	<p>31 6am - Rise &amp; Shine Flow (James) <b>5:30pm - Design Your Home Yoga Practice</b></p>	<p>OmBody Massage &amp; Wellness Studio 724.320.9386</p>		





***Mudra of the Month: JAL MUDRA***

***Jal Mudra: In Sanskrit 'jala' = 'water'  
and 'mudra' = 'gesture' or 'seal'.***

Jala Mudra (Mudra of Water) is a hand gesture practiced using the thumb and little finger. Representing the element water, this practice balances the water element in the body.