

“The key to growth is the introduction of higher dimensions of consciousness into our awareness.”

JUNE 2022

-Lao Tzu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*See attachment for addition information on Park Yoga classes.</p> <p>Join us for 108 Sun Salutation (Summer Solstice) Saturday June 18th, 5pm-7pm</p>			<p>1 (Y)Beginners Yoga 5:30pm-6:30pm (Y)Balanced Flow 7:00pm-8:00pm</p>	<p>2 (Y)Yoga in the Park *See note 6:00pm-7:00pm</p>	<p>3 (Y)Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>4 Park Yoga in Versailles 8:30am-9:30am *See note (Y)Chair Yoga 10am-11am *Schedule your private between 1pm-4pm today! (Y)Candle Lit Evening Flow 6pm-7pm</p>
<p>5 *Schedule your private between 8am-3pm today! (Y)Beginners Yoga 4:00pm-5:00pm (F)Stretch&Strengthen 6:00pm-7:30pm</p>	<p>6 (F)Ignite + Hoop 6:00pm- 7:00pm</p>	<p>7 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>8 (Y)Beginners Yoga 5:30pm-6:30pm (Y)Balanced Flow 7:00pm-8:00pm</p>	<p>9 (Y)Yoga in the Park *See note 6:00pm-7:00pm</p>	<p>10 (Y)Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>11 (Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am *Schedule your private between 1pm-4pm today! (Y)Candle Lit Evening Flow 6pm-7pm</p>
<p>12 *Schedule your private between 8am-3pm today! (Y)Beginners Yoga 4:00pm-5:00pm (F)Stretch&Strengthen 6:00pm-7:30pm</p>	<p>13 (F)Ignite + Hoop 6:00pm- 7:00pm</p>	<p>14 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>15 (Y)Beginners Yoga 5:30pm-6:30pm (Y)Balanced Flow 7:00pm-8:00pm</p>	<p>16 (Y)Yoga in the Park *See note 6:00pm-7:00pm</p>	<p>17 (Y)Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>18 Park Yoga in Versailles 8:30am-9:30am *See note (Y)Chair Yoga 10am-11am *Schedule your private between 1pm-4pm today! (E)108 Sun Salutations (Summer Solstice) 5pm-7pm</p>
<p>19 *Schedule your private between 8am-3pm today! (Y)Beginners Yoga 4:00pm-5:00pm (F)Stretch&Strengthen 6:00pm-7:30pm</p>	<p>20 (F)Ignite + Hoop 6:00pm- 7:00pm</p>	<p>21 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>22 (Y)Beginners Yoga 5:30pm-6:30pm (Y)Balanced Flow 7:00pm-8:00pm</p>	<p>23 (Y)Yoga in the Park *See note 6:00pm-7:00pm</p>	<p>24 (Y)Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>25 (Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am *Schedule your private between 1pm-4pm today! (Y)Candle Lit Evening Flow 6pm-7pm</p>
<p>26 *Schedule your private between 8am-3pm today! (Y)Beginners Yoga 4:00pm-5:00pm (F)Stretch&Strengthen 6:00pm-7:30pm</p>	<p>27 (F)Ignite + Hoop 6:00pm- 7:00pm</p>	<p>28 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>29 (Y)Beginners Yoga 5:30pm-6:30pm (Y)Balanced Flow 7:00pm-8:00pm</p>	<p>30 (Y)Yoga in the Park *See note 6:00pm-7:00pm</p>	<p>(F) = Fitness Class (Y) = Yoga Class (E) = Event</p> <p>-BOOK YOUR INFRARED SUANA VISIT OR PRIVATE TODAY!!</p>	

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