

# JULY 2020



**TRUE HEALING**  
 Massage, Yoga & Wellness

## YOGA & WELLNESS STUDIO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(June 29)	(June 30)	1	2	3	4
	*Yoga Flow w/ Kristel 6:30p-7:30p		*Yoga with Carol 5:30p-7:00p	*Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		
5	6	7	8	9	10	11
	*Yoga Flow w/ Kristel 6:30p-7:30p		*Yoga with Carol 5:30p-7:00p *Proven #2: Auto- Immune Disorders & Gut Health	*Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		
12	13	14	15	16	17	18
	*Yoga Flow w/ Kristel 6:30p-7:30p		*Yoga with Carol 5:30p-7:00p	*Yoga Ther. w/ Amanda 5:45-6:45 p.m.		
19	20	21	22	23	24	25
	*Yoga Flow w/ Kristel 6:30p-7:30p		*Yoga with Carol 5:30p-7:00p *Prove #3: Brain Health 101	*Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		
26	27	28	29	30	31	(Aug 1)
	*Yoga Flow w/ Kristel 6:30p-7:30p		*Yoga with Carol 5:30p-7:00p	*Yoga Ther. w/ Amanda 5:45-6:45 p.m.		

**CLASSES MAY BE ADDED OR CHANGED. FOR UP TO DATE INFORMATION, VISIT [WWW.TRUEHEALINGMASSAGEGE.COM](http://WWW.TRUEHEALINGMASSAGEGE.COM) OR OUR FACEBOOK PAGE.**