



JUNE 2020

TRUE HEALING
Massage, Yoga & Wellness

YOGA & WELLNESS STUDIO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Classes Postponed Due to COVID-19.				*Zoom: Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		
7	8	9	10	11	12	13
Zoom class on Thursdays.				*Zoom: Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		
14	15	16	17	18	19	20
			*Yoga with Carol 5:30p-7:00p	*Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		
21	22	23	24	25	26	27
			*Yoga with Carol 5:30p-7:00p	*Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		
28	29	30	July 1	July 2	July 3	July 4
			*Yoga with Carol 5:30p-7:00p	*Yoga Therapeutics w/ Amanda 5:45-6:45 p.m.		

CLASSES MAY BE ADDED OR CHANGED. FOR UP TO DATE INFORMATION, VISIT WWW.TRUEHEALINGMASSAGEGE.COM OR OUR FACEBOOK PAGE.