

Jul-21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Yoga @ MWD 5:30p	3
4	5	6 7 am - Rancho Sahuarita 7 pm - Virtual YIN 8 pm Yoga Nidra	7 Morning Dr. Visit / Private By Appointment Only 4:30 pm - Zen Yoga @ Continental Spa & Wellness	8 6 am Virtual ZEN Morning Blend	9	10
11	12	13 7 am - Rancho Sahuarita 7 pm - Virtual YIN 8 pm - Yoga Nidra	14 Morning Dr. Visits / Private By Appointment Only 4:30 pm - Zen Yoga @ Continental Wellness	15 6 am Virtual ZEN Morning Blend	16	17 Live 9 am - Location TBD
18	19	20 7 am - Rancho Sahuarita 7 pm - Virtual YIN 8 pm Yoga Nidra	21 Morning Dr. Visits / Private By Appointment Only 4:30 pm - Zen Yoga @ Continental Wellness	22 6 am Virtual ZEN Morning Blend	23	24
25	26	27 7 am - Rancho Sahuarita 7 pm - Virtual YIN 8 pm - Yoga Nidra	28 Morning Dr. Visits / Private By Appointment Only 4:30 pm - Zen Yoga @ Continental Wellness	29 6am Virtual ZEN Morning Blend	30	31 Live 9 am - Location TBD
		selina@sentientazyoga.com . 520-406-2029				