

Weekly Calendar

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Open Meditation						
09:30	Chair Yoga with Nate	Aerial Sound Bath & Meditation			Chair Yoga with Nate		
10:30			Stretch & Aerial Sound Bath	Aerial Sound Bath & Chakra Balance		Stretch & Aerial Sound Bath	Stretch & Aerial Sound Bath
12:30	Stretch & Aerial Sound Bath	Chair Yoga with Nate	AFTERNOON NAP CLUB Aerial Sound Bath & Meditation	Stretch & Aerial Sound Bath	Aerial Sound Bath & Meditation	AFTERNOON NAP CLUB Aerial Sound Bath & Meditation	Aerial Sound Bath & Chakra Balance
11:30							
1:30							
2:30							
3:30							
4:30							
5:30		Stretch & Aerial Sound Bath			Stretch & Aerial Sound Bath		Aerial Sound Bath & Meditation
6:30	Aerial Sound Bath & Chakra Balance		Chair Yoga with Nate	Aerial Sound Bath & Meditation			Aerial Sound Bath & Chakra Balance