

# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid red; padding: 5px; text-align: center;">                     4 for \$40                      \$60 Unlimited                      \$25 workshops                 </div>		2 <b>Begin / YIN</b> <b>6:30 pm</b>	3	4 <b>NO CLASS</b>	5 <b>NO CLASS</b>	6 <b>NO CLASS</b>
		9 <b>Slow Flow</b> <b>9:00 am</b>  <b>NO PM Class</b>	10	11 Begin /Yin <b>6:00 pm</b>	12 <b>Hatha</b> <b>9:00 am</b>	13 <b>Hatha/ Flow</b> <b>9:00 am</b>
14 <b>WORKSHOP</b> Intro to Backbends	15	16 <b>Slow Flow</b> <b>9:00 am</b>  <b>NO PM Class</b>	17 <b>TBA</b>	18 Begin /Yin <b>6:00 pm</b>	19 <b>Hatha</b> <b>9:00 am</b>	20 <b>Hatha/ Flow</b> <b>9:00 am</b>
21	22 <b>TBA</b>	23 <b>Slow Flow</b> <b>9:00 am</b>  Slow Flow <b>6:30 pm</b>	24 <b>NO CLASS</b>	25 <b>NO CLASS</b>	26 <b>NO CLASS</b>	27 <b>NO CLASS</b>
28 <b>NO CLASS</b>	29 <b>TBA</b>	30 <b>Slow Flow</b> <b>9:00 am</b>  Slow Flow <b>6:30 pm</b>	31 <b>TBA</b>	<i>Yoga is a way to freedom.</i>  <i>By its constant practice we can FREE ourselves                      from fear, anguish, and loneliness.</i> ~ Indra Devi		