

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>\$15 Drop in 4 for \$40 8 for \$80</b>				1	2  NO CLASS	3  Hatha w/ Vinyasa 9 am
4	5	6  Slow Flow 9 am Hatha Yoga 6:30 pm	7	8	9  Gentle Yoga, Breath & Meditation 9 -10:15 am	10  Hatha w/ Vinyasa 9 am
11	12	13  Slow Flow 9 am Hatha Yoga 6:30 pm	14	15	16  Gentle Yoga, Breath & Meditation 9 am	17  <b>Backbends! Workshop \$25 9 – 11:30 am</b>
18	19	20  Slow Flow 9 am Hatha Yoga 6:30 pm	21	22	23  Gentle Yoga, Breath & Meditation 9 am	24  Hatha w/Vinyasa 9 am
25 <b>Intro: Breath &amp; Meditation Workshop \$25 9-11:30 am</b>	26	27  Slow Flow 9 am Hatha Yoga 6:30 pm	28	29	30  Gentle Yoga, Breath & Meditation 9 am	31  Hatha w/ Vinyasa 9 am