

FRIDAY, JUNE 9, 2023

THE MAIN STREET STUDIO		
START	END	EVENT
12:00 PM	6:00 PM	CHECK-IN / STORE / MASSAGE

CURLY WILLOW STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	Energetic Awareness	Sasha	Ashley G.
3:00 PM	5:00 PM	Power of Poses & Pencils Wkshp	Jennifer V.	Ashley G.
5:30 PM	7:00 PM	Intro to Ayurveda	Katrina	Ashley G.

LEGION STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	Yin Yoga	Addi	Fallon
3:00 PM	5:00 PM	You Are Not the Thinking Mind Wkshp	Diane	Fallon
5:30 PM	7:00 PM	Mountain Maintenance Wkshp	Alyssa	Fallon

THE ROXY STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	Level 1/2 Creative Flow	Casey	Aissa
3:00 PM	5:00 PM	Buti Yoga	Carolyn	Aissa
5:30 PM	7:00 PM	Yoga Chakras - Gentle Prana Flow**AT LIBRARY!**	Deb	Aissa

THE PAVILION				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
1:00 PM	2:30 PM	Freeing Your Feet - A Workshop on Foot Health	Leigh	Pam & Cary
3:00 PM	5:00 PM	Yin Yoga	Casey	Pam & Cary
5:30 PM	7:00 PM	Somatic Yoga	Robyn	Pam & Cary

ART GALLERY STUDIO				
START	END	EVENT		

SATURDAY, JUNE 10, 2023

THE MAIN STREET STUDIO		
START	END	EVENT
7:00 AM	6:00 PM	CHECK-IN / STORE / MASSAGE

CURLY WILLOW STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
6:00 AM	7:30 AM	Rise & Soul Shine - Prana Yin Yoga	Deb	Cary
8:00 AM	9:30 AM	Mobility Flow	Addi	Cary
10:00 AM	12:00 PM	All Levels Handstand Wkshp	Margaret	Cary
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	Freeing Your Feet - A Workshop on Foot Health	Leigh	Pandora
5:00 PM	6:30 PM	Yin Yoga	Suzy	Pandora

LEGION STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Core Flow: Integrated Yoga & Pilates	Ashley M.	Tavi
10:00 AM	12:00 PM	Baptise Power Sequence	Jen G.	Tavi
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	The Need for Yoga Nidra	Jennifer V.	Kathryn
5:00 PM	6:30 PM	Ayurveda Daily Rituals	Katrina	Kathryn

THE ROXY STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Kundalini Yoga	Laura	Aissa
10:00 AM	12:00 PM	Heart Centered Journey: Breath, Asana & Chi	Diane	Aissa
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	Buti Yoga	Carolyn	Pam
5:00 PM	6:15 PM	Yin Yoga	Casey	Pam

THE PAVILION				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Yin Yoga Reiki Experience	Suzy	Yvonne & Kelly
10:00 AM	12:00 PM	All Levels Vinyasa Flow	Jimmy	Yvonne & Kelly
12:00 PM	2:00 PM	COMMUNITY LUNCH @ THE STAGE STOP INN		
2:30 PM	4:30 PM	The Mandala Effect	Cici	Fallon & Ryan
5:00 PM	7:00 PM	Nurture with Nidra	Angle	Fallon & Ryan

ART GALLERY STUDIO				
START	END	EVENT		
11:00 AM	12:00 PM	Free Community Yoga Class	Ashley T.	Ashley G.

SUNDAY, JUNE 11, 2023

THE MAIN STREET STUDIO		
START	END	EVENT
7:00 AM	8:00 PM	GOODBYE COOKIES / STORE / MASSAGE

CURLY WILLOW STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Core Flow: Integrated Yoga & Pilates	Ashley M.	Pandora
10:00 AM	12:00 PM	Level 2/3 Vinyasa Flow	Jimmy	Pandora
12:30 PM	2:00 PM	Intro to the Art of Thai Bodwork	Cici	Pandora

LEGION STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Vin-Yin Yoga	Margaret	Tavi
10:00 AM	12:00 PM	Strong & Balanced	Sasha	Tavi
12:30 PM	2:00 PM	Nurture with Nidra	Angle	Tavi

THE ROXY STUDIO				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Kundalini Yoga	Laura	Ryan
10:00 AM	12:00 PM	Baptise Journey into Power Flow	Jen G.	Ryan
12:30 PM	2:00 PM	Chakra Healing & Kundalini	Debbie Dixon	Ryan

THE PAVILION				
START	END	CLASS	INSTRUCTOR	VOLUNTEER
8:00 AM	9:30 AM	Unstick Your Neck	Alyssa	Yvonne & Kelly
10:00 AM	12:00 PM	Yin Yoga Reiki Experience	Suzy	Yvonne & Kelly
1:00 PM	2:30 PM	Somatic Yoga	Robyn	Yvonne & Kelly

ART GALLERY STUDIO				
START	END	EVENT		
11:00 AM	12:00 PM	Free Community Yoga Class	Ashley T.	Kathryn