



2026 April

The best way to RSVP for one of our events or classes is online at lotusofthevalley.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 6:30 - Sound Bath	4	5
6	7 5:30 - Yoga	8 9:30 - Hybrid Yoga for Women	9	10 6:30 - Sound Bath	11	12
13	14 5:30 - Yoga	15 9:30 - Hybrid Yoga for Women	16	17 6:30 - Sound Bath	18	19 4:00 - Paint Party
20	21 5:30 - Yoga	22 9:30 - Hybrid Yoga for Women	23	24 6:30 - Sound Bath	25 6:00 - Movie Night	26
27	28 5:30 - Yoga	29 9:30 - Hybrid Yoga for Women	30			