



2025

November

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 5:30 - Mindfulness Yoga	4	5 9:30 - Hybrid Yoga for Women	6	7 12:30 - Fun Friday Yoga 6:30 - Sound Bath	8	9
10 5:30 - Mindfulness Yoga	11	12 9:30 - Hybrid Yoga for Women	13	14 12:30 - Fun Friday Yoga 6:30 - Sound Bath	15	16 4:00 - Paint Party
17 5:30 - Mindfulness Yoga	18	19 9:30 - Hybrid Yoga for Women	20	21 12:30 - Fun Friday Yoga 6:30 - Sound Bath	22 6:00 - Movie Night	23
24 5:30 - Mindfulness Yoga	25	26 9:30 - Hybrid Yoga for Women	27	28 12:30 - Fun Friday Yoga 6:30 - Sound Bath	29 5:00 - Online Class Tap into Peace	30 5:00 - Healing Intention Circle