



2025

December

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	4	5	6 12:00-5:00 Mini Mind, Body, Spirit Expo	7
8 5:30 - Mindfulness Yoga	9	10 9:30 - Hybrid Yoga for Women	11	12 12:30 - Fun Friday Yoga 6:30 - Sound Bath	13	14
15 5:30 - Mindfulness Yoga	16	17 9:30 - Hybrid Yoga for Women	18	19 12:30 - Fun Friday Yoga 6:30 - Sound Bath	20	21 4:00 - Paint Party
22	23	24 9:30 - Hybrid Yoga for Women	25	26 12:30 - Fun Friday Yoga 6:30 - Sound Bath	27	28
29 24 5:30 - Mindfulness Yoga	30	31 9:30 - Hybrid Yoga for Women				