



2026 January

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 12:30 - Fun Friday Yoga 6:30 - Sound Bath	3	4
5 5:30 - Mindfulness Yoga	6	7 9:30 - Hybrid Yoga for Women	8	9 12:30 - Fun Friday Yoga 6:30 - Sound Bath	10	11 5:00 - Meditation
12 5:30 - Mindfulness Yoga	13	14 9:30 - Hybrid Yoga for Women	15	16 12:30 - Fun Friday Yoga 6:30 - Sound Bath	17	18 4:00 - Paint Party
19 5:30 - Mindfulness Yoga	20	21 9:30 - Hybrid Yoga for Women	22	23 12:30 - Fun Friday Yoga 6:30 - Sound Bath	24 6:00 - Movie Night	25 5:00 - Meditation
26 5:30 - Mindfulness Yoga	27	28 9:30 - Hybrid Yoga for Women	29	30 12:30 - Fun Friday Yoga 6:30 - Sound Bath	31	