

May

	Date	Approved	Scheduled	Title	Facebook	Instagram	Link/Image	Notes
Week 1								
Monday	5/2/2022		Yes	Santosha (Joy) Monthly Theme + MOREJOY 10% off of Membership	The theme for May is Santosha, or Joy! This month we on the Sanctuary and in the studio, we are focusing on true contentment or joy and remembering who we are, and how much we are loved. Come join us all month long for MORE JOY in your life! Sign up for a membership this month and receive 10% off! https://pranayogaschool.com/membership/	The theme for May is Santosha, or Joy! This month we on the Sanctuary and in the studio, we are focusing on true contentment or joy and remembering who we are, and how much we are loved. Come join us all month long for MORE JOY in your life! Sign up for a membership this month and receive 10% off! . . . #morejoymonday #santosha #contentment #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga #07	https://www.canva.com/design/DAE_anuzcJc/szMBbyi68qnP3mOrfd02Mw/edit	
Tuesday	5/3/2022	Yes	Yes	Structural Yoga Therapy	Are you a practicing yoga therapist in need of professional development, or did you take part in our Structural Yoga Anatomy module this past weekend? You can now participate in our Structural Yoga Therapy module that begins on Friday May 13th! This module focuses on the structural yoga therapy of the spine, and dysfunction and treatment of structural imbalances. Sign up today! https://fb.me/e/4SO8iqADL	Are you a practicing yoga therapist in need of professional development, or did you take part in our Structural Yoga Anatomy module this past weekend? You can now participate in our Structural Yoga Therapy module that begins on Friday May 13th! This module focuses on the structural yoga therapy of the spine, and dysfunction and treatment of structural imbalances. Sign up via the workshops link in bio! . . . #TrainingTuesday #training #therapy #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAE_a1kSCYg/yv6hldc9sc7UnTD_Y6L1bQ/edit	https://www.canva.com/design/DAE_a4DNtOA/iDy0lQUhxC22CEluosaFKg/edit
Wednesday	5/4/2022		Yes	Yoga for Cancer Certification	Yoga can bring relief and healing to those with cancer, but many individuals with cancer are unable to keep up with their normal practice. Our Yoga for People with Cancer 80-Hour Certification will teach you how to adapt group classes at any level of cancer care and remission. This course is open to 200-hour certified yoga teachers, people in any stage of cancer and their caregivers, and health professionals. Sign up now! https://fb.me/e/2mu9jwXLW	Yoga can bring relief and healing to those with cancer, but many individuals with cancer are unable to keep up with their normal practice. Our Yoga for People with Cancer 80-Hour Certification will teach you how to adapt group classes at any level of cancer care and remission. This course is open to 200-hour certified yoga teachers, people in any stage of cancer and their caregivers, and health professionals. Use the workshop link in bio to sign up! . . . #WellnessWednesday #cancer #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAE_ayATN3w/grxKvhVOPdAtCsk-dWkTg/edit	https://online.pranayogaschool.com/product/47333
Thursday	5/5/2022	Yes	Yes	Give mom the gift of personalized self-care with a pranayoga gift card	Looking for the perfect gift for mom? Get her personalized care with a PranaYoga gift card! You can use gift cards for classes, yoga therapy, and even massages! https://bit.ly/375c3sx	Looking for the perfect gift for mom? Get her personalized care with a PranaYoga gift card! You can use gift cards for classes, yoga therapy, and even massages! Use our app to purchase a gift card today! . . . #ThriveThursday #gift #formom #mothersday #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://pranayogaschool.com/reserve/#/pricing/t/412/loc/431?group=1	

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Friday	5/6/2022		Yes	Who is Pranayoga? Hi! Let us introduce ourselves.	<p>Who is PranaYoga? Hello! Let us introduce ourselves!</p> <p>Pranayoga was founded to make authentic Yoga and Ayurveda for everyone. We started in 2009 as a 1000-square-foot yoga studio downtown Fort Wayne and have grown to be a global yoga therapy training institute accredited by IAYT. Our yoga studios now offer virtual and in-person classes, personalized care, and professional teacher training.</p> <p>As a youth, our founder Dani(Vani), suffered with chronic allergies, asthma, and digestive issues. As a young adult she developed eating disorders, anxiety, and depression. At the age of 16 she discovered healthy eating to help with some of her physical ailments and yoga as an alternative method to treating her mental/emotional symptoms. Eventually she was able to stop and reverse the progression of these mindbody illnesses.</p> <p>Pranayoga has been a space of sharing and teaching Yoga & Ayurveda as tools to make healing a reality for all. Pranayoga makes authentic Yoga & Ayurveda accessible to everyone. Whether you are looking to support your mental wellbeing, physical health or find balance in your daily life, we are here to walk with you on that path.</p> <p>Our promise to you is more joy!</p>	<p>Who is PranaYoga? Hello! Let us introduce ourselves!</p> <p>Pranayoga was founded to make authentic Yoga and Ayurveda for everyone. We started in 2009 as a 1000-square-foot yoga studio downtown Fort Wayne and have grown to be a global yoga therapy training institute accredited by IAYT. Our yoga studios now offer virtual and in-person classes, personalized care, and professional teacher training.</p> <p>As a youth, our founder Dani(Vani), suffered with chronic allergies, asthma, and digestive issues. As a young adult she developed eating disorders, anxiety, and depression. At the age of 16 she discovered healthy eating to help with some of her physical ailments and yoga as an alternative method to treating her mental/emotional symptoms. Eventually she was able to rely on yoga therapy and ayurveda to stop and reverse the progression of these mindbody illnesses.</p> <p>Pranayoga has been a space of sharing and teaching Yoga & Ayurveda as tools to make healing a reality for all. Pranayoga makes authentic Yoga & Ayurveda accessible to everyone. Whether you are looking to support your mental wellbeing, physical health or find balance in your daily life, we are here to walk with you on that path.</p> <p>Our promise to you is more joy!</p> <p>#FlowFriday #joy #ayurveda #introduction #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://youtu.be/-MXsMoDqmxo</p>	<p>https://docs.google.com/document/d/1IDQ0UAgx0ar2_Tb8zvzd5Xm7m7oGcPQeY7xf6yHmq50/edit?usp=sharing</p>
Saturday	5/7/2022	Yes	Yes	Article and Kelli birthday story: https://www.canva.com/design/DAE-l6dvXs/x2ac51-icyNRBRDZ_2D4og/edit?utm_content=DAE-l6dvXs&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton	<p>Have you read our feature in Yoga Therapy Today yet? Check it out and learn what makes our Sattva Yoga Therapy Program stand out!</p> <p>Originally published in Yoga Therapy Today, a publication of the International Association of Yoga Therapists (www.iayt.org). Shared with permission.</p>	<p>Have you read our feature in Yoga Therapy Today yet? Check it out and learn what makes our Sattva Yoga Therapy Program stand out!</p> <p>Originally published in Yoga Therapy Today, a publication of the International Association of Yoga Therapists (www.iayt.org). Shared with permission.</p> <p>#feature #YogaTherapyToday #IAYT #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga #Sattva</p>	<p>https://pranayogaschool.com/wp-content/uploads/2022/04/YTT-Spring-2022-Sattva.pdf?fbclid=IwAR0HfjJwQoG5PXsXuClrzHb23Pfv3ECfCyMQMptxiyLQuhuQlW3u41kuo</p>	<p>Posting on story</p>
Sunday	5/8/2022		Yes	Happy Mother's Day. Bring mom to yoga for \$10 drop-ins.	<p>Happy Mother's Day! Bring mom and anyone else to yoga for \$10 drop-ins!</p>	<p>Happy Mother's Day! Bring mom and anyone else to yoga for \$10 drop-ins!</p> <p>#mothersday #happymothersday #formom #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.canva.com/design/DAE-4jfakjE/9a6f2pKQH0Mqch08IGfSDA/edit?utm_content=DAE-4jfakjE&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton</p>	

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Week 2								
Monday	5/9/2022		Yes	Yoga Therapy for Stress Series. 5 spots left in-person. Virtual Offering.	SHARE EVENT There are only 3 spots left for our Yoga Therapy for Stress and Anxiety series! These spots will go fast, so sign up now! More spots will be available virtually.	There are only 3 spots left for our Yoga Therapy for Stress and Anxiety series! These spots will go fast, so sign up now! More spots will be available virtually. . . . #MotivationMonday #stress #anxiety #series #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAE_44Jsvic/LxwD_8YHsFM6W5q2DDH/RO/edit	
Tuesday	5/10/2022		Yes	Yoga 101 Free Workshop	FB event is scheduled to post at 10:00am	Looking for a new healthy habit? We have the perfect workshop for anyone new to yoga! Sign up for our free 90 minute newbie workshop happening on May 29th and discover your new passion! . . . #newbie #free #workshop #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAE_glZgUdO/mhDhPlcz-zhif2l1qL3GjA/edit	
Wednesday	5/11/2022		Yes	Structural Yoga Therapy	SHARE EVENT Don't miss out on our Structural Yoga Therapy training this weekend! This training is available in-person and online for all students that have completed our Structural Yoga Anatomy training. Sign up with the Workshops link in bio! See you on the mat!	Don't miss out on our Structural Yoga Therapy training this weekend! This training is available in-person and online for all students that have completed our Structural Yoga Anatomy training. Sign up with the Workshops link in bio! . . . #therapy #training #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAFAQsJyB8Y/odcjcQcrjb6ltn4lmODzaQ/edit?utm_content=DAFAQsJyB8Y&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton	
Thursday	5/12/2022		Yes	Forming Connections with a 200 hour teacher training.	Connect with yourself through yoga! Everyone who takes PranaYoga's 200 hour teacher training gains something unique. Cultivate deeper connections to your body, mind and others. You've heard the call, now plant the seeds for your future self! Join our accessible 200 hour holistic yoga training that takes place one weekend per month, with online options and payment plans available to fit your busy lifestyle! https://bit.ly/3kU7O6c	Connect with yourself through yoga! Everyone who takes PranaYoga's 200 hour teacher training gains something unique. Cultivate deeper connections to your body, mind and others. You've heard the call, now plant the seeds for your future self! Join our accessible 200 hour holistic yoga training that takes place one weekend per month, with online options and payment plans available to fit your busy lifestyle! Visit the Workshops link in bio to sign up! . . . #ThriveThursday #teachertraining #connect #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAFAKowKZvA/NjsMxGehgSTM3hbe5lKaZg/edit?utm_content=DAFAKowKZvA&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton	carousel of images from 200 hour training
Friday	5/13/2022		Yes	Membership	Want more yoga in your life? Sign up for a premium membership! New to PranaYoga? You can get 50% off your first month! Join today! https://pranayogaschool.com/membership/	Want more yoga in your life? Sign up for a premium membership! New to PranaYoga? You can get 50% off your first month! Join today with the link in our bio! . . . #membership #joinspace #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAE_agmkAcM/TVZTBikBPR9o_qvLIbssw/edit	https://pranayogaschool.com/membership/
Saturday	5/14/2022		Yes	Vote for Best Yoga Studio	We've been nominated for Best Yoga Studio! Thank you for all the support! Don't forget to vote for us for Best Yoga Studio for 2022!	We've been nominated for Best Yoga Studio! Thank you for all the support! Don't forget to vote for us for Best Yoga Studio for 2022! . . . #bestyogastudio #readerschoice #nominated #vote #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.fortwayne.com/readerschoice#/gallery?group=416805	

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Sunday	5/15/2022		Yes	Mid Month Check in. More Joy. May is mental health awareness month.	<p>This month is Mental Health Awareness month and we are focusing on finding more joy in our lives and using yoga to better our mental health! Teachers and Mental Health professionals, learn the benefits of yoga for behavior modification, trauma, anxiety, depression and addiction with our online training. Take the online course now!</p> <p>https://online.pranayogaschool.com/product/34366</p>	<p>This month is Mental Health Awareness month and we are focusing on finding more joy in our lives and using yoga to better our mental health! Teachers and Mental Health professionals, learn the benefits of yoga for behavior modification, trauma, anxiety, depression and addiction with our online training. Take the online course now by visiting the Sanctuary in our bio and search for Yoga Psychology APD Course.</p> <p>.</p> <p>#mentalhealth #morejoy #joy #training #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.canva.com/design/DAFAOizRy7/Nh4BzYizbQUj_lwiULkUlg/edit?utm_content=DAFAOizRy7Y8&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton</p>	<p>https://online.pranayogaschool.com/product/34366</p>
Week 3								
Monday	5/16/2022		Yes	Survey	<p>There's still time to take our 10 Year survey for a chance to win a \$50 gift card AND help shape the next 10 years of PranaYoga!</p> <p>https://mailchi.mp/dd5ff2c5d96a/danis-10-year-challenge-prana-survey</p>	<p>There's still time to take our 10 Year survey for a chance to win a \$50 gift card AND help shape the next 10 years of PranaYoga! Take the survey in our bio!</p> <p>.</p> <p>#survey #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga #Sattva</p>		
Tuesday	5/17/2022		Yes	Healing Sound Circle on Friday	<p>Draft Created (ready to post)</p>	<p>Let's join our voices together! We will join our hearts, our voices, and our compassion into a collective chant led by Jenny "Sevika" Young.</p> <p>This session is free but comes with a \$15 donation automatically. Enter code NODONATION to sign up for free!</p> <p>All proceeds will benefit the PranaYoga Foundation and help provide yoga therapy to those in need! Visit the workshops link in bio to sign up!</p> <p>.</p> <p>#healingsound #chant #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.canva.com/design/DAE9iobMHbl/fVt-ZQIQx-ZVVtjgiyuQOw/edit?utm_content=DAE9iobMHbl&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton</p>	
Wednesday	5/18/2022		Yes	Breathing Practices for #morejoymay	<p>Join Dani for this 2 part series as she guides you through a couple of practices essential for springtime. One of the things that sets up apart is that Ayurveda, the knowledge of life, is infused in all we do at Pranayoga!</p>	<p>Join Dani for this 2 part series as she guides you through a couple of practices essential for springtime. One of the things that sets up apart is that Ayurveda, the knowledge of life, is infused in all we do at Pranayoga!</p> <p>.</p> <p>#morejoymay #mentalhealth #springtime #breathwork #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.dropbox.com/s/lz00q4vslbly6rls/Vloma%20Krama%202022.mov?dl=0</p>	

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Thursday	5/19/2022		Yes	Newsletter Sign Ups	Don't miss out on our upcoming events! Sign up for our newsletter to stay in the know and receive videos and inspiration, too! Newsletter sign-up: https://bit.ly/3wvPjdH	Don't miss out on our upcoming events! Sign up for our newsletter to stay in the know and receive videos and inspiration, too! Sign up in our bio! . . . #newsletter #dontmissout #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAFA0ebRBUS209vB8dbTl6gkbNEkG5QqA/edit?utm_content=DAFA0ebRBUS&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton	Post an insta reel
Friday	5/20/2022		Yes	Yoga 101 4 Week Series	DRAFT READY TO POST June 7-28. Check out our freebie workshop next saturday to see if this course is for you!	We are bringing back our Yoga 101 series in June! This series fills up fast, so sign up now! Not sure if this is the course for you? Sign up for our Free Yoga 101 Newbie Workshop on May 29th to see if our Yoga 101 series is right for you! You can sign up for both the free workshop and the 4 week series at the workshops link in bio. . . . #free #yoga101 #beginner #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAFA0nNtyko/C4bWn9oE6z6wRdctnr3Zcg/edit	
Saturday	5/21/2022		Yes	Yoga Therapy for Breast Cancer	Draft Event Ready to Publish	Our Yoga Therapy for Breast Cancer training will equip you with the necessary tools to adapt your class for someone with breast cancer and similar ailments. Upon completing this course, participants will understand how to assess a client's medical history, current side effects, risk of lymphoedema, upper body ROM, and specific intention for the yoga sessions. Students will also be able to recommend asana sequences and postures for post-op recovery, specific to each type of reconstruction therapy. Sign up by June 22nd and receive a \$50 discount! Visit the workshops link in bio to sign up today! . . . #yogaforcancer #breastcancer #training #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAFARwZ4U2w/H8AlbmOhigaHhRi1Ztxanw/edit	
Sunday	5/22/2022		Yes	Sound in the Silks	Event scheduled	We still have room available for the later session of Sound in the Silks next Sunday! Join us and experience the relaxing sensation of being suspended in silks. Visit the Workshops link in our bio to sign up! . . . #soundinthesilks #silks #silyoga #aerialyoga #relax #meditation #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga	https://www.canva.com/design/DAE9cZQ7mDI/emStREtnARh6GP1g_pKnhg/edit	

Week 4

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Monday	5/23/2022		Yes	May Mental Health Awareness Month	<p>According to @NAMI, stigma harms 1 in 5 Americans affected by mental health conditions. Reducing the stigma of mental health help remove barriers that prevent people from getting help.</p> <p>Our founder, Dani, found the help she needed for her own mental health issues in yoga therapy and ayurveda. She talks about her holistic healing journey in her book, The Path of Joyful Living.</p> <p>If you or a loved one are struggling with mental health, you can call the NAMI helpline at 1-888-950-6264 or visit the link below.</p> <p>Don't struggle alone. Reach out for help.</p> <p>https://nami.org/Home</p>	<p>According to @namicomunicate, stigma harms 1 in 5 Americans affected by mental health conditions. Reducing the stigma of mental health help remove barriers that prevent people from getting help.</p> <p>Our founder, Dani, found the help she needed for her own mental health issues in yoga therapy and ayurveda. She talks about her holistic healing journey in her book, The Path of Joyful Living.</p> <p>If you or a loved one are struggling with mental health, you can call the NAMI helpline at 1-888-950-6264 or email them at info@nami.org. Visit their page for more information and resources.</p> <p>Don't struggle alone. Reach out for help.</p> <p>#mentalhealthawareness #together4MH #NAMI #mentalhealth #yoga #pranayogaschool #pranayogainstitute #fortwayne yoga</p>	<p>https://www.canva.com/design/DAFBFuOCTJk/bEpu-b3OydceE56fUQXqCw/e/dit</p>	
Tuesday	5/24/2022		Yes	Pranayoga an authentic space for practicing and learning authentic yoga and ayurveda.	<p>Do you know the difference between yoga and exercise? Yoga studies are often categorized as fitness, but yoga, especially when practiced together with ayurveda, is aligned more with movement nutrition than exercise.</p> <p>Yoga nourishes all parts of ourselves. We offer classes from beginner to advanced with our unique and life nourishing approach and make yoga accessible to all! Sign up for your first class for 50% off!</p> <p>Sign up now: bit.ly/3yNiVpS</p>	<p>Do you know the difference between yoga and exercise? Yoga studies are often categorized as fitness, but yoga, especially when practiced together with ayurveda, is aligned more with movement nutrition than exercise.</p> <p>Yoga nourishes all parts of ourselves. We offer classes from beginner to advanced with our unique and life nourishing approach and make yoga accessible to all! Sign up for your first class for 50% off!</p> <p>#pranayogaschool #pranayogainstitute #movementmedicine #therapeuticmovement #sattvavinyasa #yogaforall #fortwayne yoga</p>	<p>https://www.dropbox.com/s/0tuarkweo1nd7hl/PranaYoga%20IG%20Reel%20video.mp4?dl=0</p>	<p>Many times yoga studios can get lumped into the fitness category, but there are differences between yoga and exercise. This is true especially when yoga is practiced together with ayurveda to adapt to the season, time of day and person. Yoga nourishes all parts of ourselves. Have your had your daily movement nutrition today? We offer classes from beginner to advanced all with our unique approach to make yoga accessible to all. Try your first class for 50% off. https://pranayogaschool.com/reserve/#/pricing/buy/r/412/loc/431?type=plan&id=3723</p> <p>#pranayogaschool #pranayogainstitute #movementmedicine #therapeuticmovement #sattvavinyasa #yogaforall #fortwayne yoga</p>
Wednesday	5/25/2022		Yes	Free Newbie Class	<p>share Facebook event</p> <p>Invite a friend to join us this Sunday for a free introductory yoga workshop!</p>	<p>Invite a friend to join us this Sunday for a free introductory yoga workshop! Sign up in the workshops link in bio!</p> <p>#freeclass #freeyoga #yogaforall #wellnesswednesday #yoga #pranayogaschool #pranayogainstitute #fortwayne yoga</p>	<p>https://www.canva.com/design/DAFBWJrK8Po/rPg-5NfZq8WJdzalYqd7_w/e/dit</p>	

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Thursday	5/26/2022		Yes	Breathing Practices for #morejoymay. Part 2 with Dani	<p>We are continue our breathing practices series for #morejoymay with part 2 today, led by Dani. If you missed our last video, we posted our Restorative Breathing Practice on May 18th. Today we are practicing #engerizing breathing that will put a spring in your step!</p> <p>Make sure to subscribe to our newsletter to receive videos, inspiration, and information on upcoming events!</p> <p>Newsletter: bit.ly/3Ntj7i3</p>	<p>We are continue our breathing practices series for #morejoymay with part 2 today, led by Dani. If you missed our last video, we posted our Restorative Breathing Practice on May 18th. Today we are practicing #engerizing breathing that will put a spring in your step!</p> <p>Make sure to subscribe to our newsletter (link in bio) to receive videos, inspiration, and information on upcoming events!</p> <p>#ThriveThursday #breathing #breath #practice #energy #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.dropbox.com/s/m2mojxa8zfrikuw/Breath%20of%20Joy.mov?dl=0</p>	
Friday	5/27/2022		Yes	Meditation and Pranayama	<p>draft even created</p> <p>Meditation can help us understand our thoughts, emotions, perceptions, and the means to relieve suffering. Dive into the roots of meditation and healing pranayama practices with our Meditation and Pranayama training on July 16th and 17th! Register by June 16th save \$50! Sign up with the Workshops link in our bio.</p> <p>https://bit.ly/39AGli6</p>	<p>Draft made</p> <p>Meditation can help us understand our thoughts, emotions, perceptions, and the means to relieve suffering. Dive into the roots of meditation and healing pranayama practices with our Meditation and Pranayama training on July 16th and 17th! Register by June 16th save \$50! Sign up with the Workshops link in our bio.</p> <p>#meditation #training #healing #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.canva.com/design/DAFAKuKQaT4/Bwvn85G6OkntURX7SzA3GA/edit?utm_content=DAFAKuKQaT4&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton</p>	
Saturday	5/28/2022		Yes	Yoga 101 4 Week Series	<p>Join us tomorrow for our Free Newbie Workshop and sign up for our Yoga 101 4 Week Series!</p>	<p>Join us tomorrow for our Free Newbie Workshop and sign up for our Yoga 101 4 Week Series!</p> <p>#yogaforall #freeclass #beginner #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.canva.com/design/DAFBeNHXeio/ZPNpo-ajiCQ4HYFH83cS6O/edit</p>	
Sunday	5/29/2022		Yes	Closed for Memorial Day	<p>We will be closed tomorrow, Monday, May 30th, for Memorial Day. We honor and remember all who served.</p>	<p>We will be closed tomorrow, Monday, May 30th, for Memorial Day. We honor and remember all who served.</p> <p>#memorialday #honor #remember #closed #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.canva.com/design/DAFBePMze6w/BH0h3HQaMV_x2mhO3pDikw/edit</p>	
Week 5								
Monday	5/30/2022		Yes	Memorial Day	<p>Today is the last day to get 10% off of Annual Premium and Practice memberships! Just enter code MOREJOY during checkout. And stay tuned for a big announcement tomorrow!</p> <p>https://pranayogaschool.com/membership/</p>	<p>Today is the last day to get 10% off of Annual Premium and Practice memberships! Just enter code MOREJOY during checkout. You can find our membership options in our bio! And stay tuned for a big announcement tomorrow!</p> <p>#mondaymotivation #memorialday #membership #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://www.canva.com/design/DAFBeQb_1MM/Ba8Cp3jZpAmTrGxi8cl3IQ/edit</p>	

May

	Date	Approved	Scheduled	Title	Facebook	Instagram	Link/Image	Notes
Tuesday	5/31/2022			India Retreat	<p>Pilgrimage of Renewal! We are so excited to announce that PranaYoga will be taking a small group of 15 students to Kerala, India this winter!</p> <p>Join us on our pilgrimage of renewal to Kerala, India January 27th - February 3rd. Kerala is the homeland of authentic Ayurveda. PranaYoga's Living Ayurveda retreat is an opportunity to explore authentic Ayurveda treatments individualized for your constitution and nourish your senses in the beautiful land of lush green landscapes and crystal clear beaches.</p> <p>Hit pause on the stress of daily living and experience total rejuvenation and purification during our Living Ayurveda Retreat.</p> <p>\$300 Deposit reserves your space.</p> <p>Learn more or reserve your spot here: bit.ly/3wYGitI</p>	<p>Pilgrimage of Renewal! We are so excited to announce that PranaYoga will be taking a small group of 15 students to Kerala, India this winter!</p> <p>Join us on our pilgrimage of renewal to Kerala, India January 27th - February 3rd. Kerala is the homeland of authentic Ayurveda. PranaYoga's Living Ayurveda retreat is an opportunity to explore authentic Ayurveda treatments individualized for your constitution and nourish your senses in the beautiful land of lush green landscapes and crystal clear beaches.</p> <p>Hit pause on the stress of daily living and experience total rejuvenation and purification during our Living Ayurveda Retreat.</p> <p>\$300 Deposit reserves your space.</p> <p>Learn more or reserve your spot by clicking the link in our bio!</p> <p>. . . #retreat #india #ayurveda #winter #yoga #pranayogaschool #pranayogainstitute #fortwayneyoga</p>	<p>https://pranayogaschool.com/reserve/#/courses/412/loc/431?group=2360</p>	