

Uniting Mind, Body & Soul

APRIL 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1	2 Yoga Nidra 10:00-11:00am & Gentle Ground & Sound 7:00-8:00pm	3 Vinyasa Vibes 5:45-6:45pm & StarGaze Yin Yoga 7:30-8:45pm	4	5 Yin/Yang Fusion 9:30-10:30am Celebration of Self Workshop ★ 7:9pm	6 Journey of The Chakras Yoga Nidra ★ 10-12pm
7 ZEN BreathWork 2-4:30pm ★	8 Compassionate Heart Gentle Yoga 10:00-11:00am	9 4-Week Tea & Meditation 10-11am with Scherri	10 Vinyasa Vibes 5:45-6:45pm & StarGaze Yin Yoga 7:30-8:45pm	11	12 Yin/Yang Fusion 9:30-10:30am	13
14 Compassionate Heart Gentle Yoga 10:00-11:00am	15 Mindful Flow 10am & 6pm Restorative Yoga 7:45pm-9pm	16 4-Week Tea & Meditation 10-11am with Scherri	17	18	19 Akashic Records Meditation & Sound Bath ★ 7-9pm	20 Journey of The Chakras Yoga Nidra ★ 10-12pm
21	22 Mindful Flow 10am & 6pm Restorative Yoga 7:45pm-9pm	23 4-Week Tea & Meditation 10-11am with Scherri	24 FULL MOON 7-directions with BlueRaven 6:30-8:30pm	25	26	27
28	29 Mindful Flow 10am & 6pm Restorative Yoga 7:45pm-9pm	30 4-Week Tea & Meditation 10-11am with Scherri				

Special Events

www.theyogadome.ca

*all classes subject to change

Classes are on a condensed schedule while Ashley is away on her Thailand Research Trip (April 15th-28th) *listed classes will have substitutes