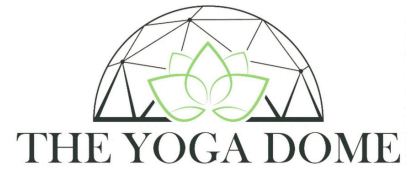


Uniting Mind, Body & Soul

# DECEMBER 2024



Primal Beats & Breathwork  
2-5pm

Winter Solstice  
Serenity Swings  
1-2 & 2:30-3:30pm

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Somatic Soul 10:00-11:00am	2 OM Meditation 10:00-11:00am Mindful Flow 6:00-7:00pm	3 Yoga Nidra 9:30-10:30am Yin/Yang Fusion 6-7pm Rest & Rest 7:45-9:00pm	4 Musical Flow 5:45-6:45pm StarGaze Yin 7:30-8:45pm	5 Spiritual Book Club 10-11am Create Your Own Journal 6:30-8:30pm	6 Yin/Yang Fusion 9:30-10:30am Readings & Reflections with Scherri 6-8pm	7 Pre Holiday Rest & Restore 10am-12pm
8	Somatic Soul 10:00-11:00am	9 OM Meditation 10:00-11:00am Mindful Flow 6:00-7:00pm	10 Yoga Nidra 9:30-10:30am Yin/Yang Fusion 6-7pm Rest & Rest 7:45-9:00pm	11 Musical Flow 5:45-6:45pm StarGaze Yin 7:30-8:45pm	12 Spiritual Book Club 10-11am	13 Yin/Yang Fusion 9:30-10:30am	14 Full Moon Somatic Connection 3-6pm
15	Somatic Soul 10:00-11:00am	16 OM Meditation 10:00-11:00am Mindful Flow 6:00-7:00pm	17 Yoga Nidra 9:30-10:30am Yin/Yang Fusion 6-7pm Rest & Rest 7:45-9:00pm	18 Musical Flow 5:45-6:45pm StarGaze Yin 7:30-8:45pm	19	20 Yin/Yang Fusion 9:30-10:30am	21 Winter Solstice Day Retreat 10-3pm
22	Somatic Soul 10:00-11:00am	23 OM Meditation 10:00-11:00am Mindful Flow 6:00-7:00pm	24 Christmas Eve Morning Meditation 9:30-10:30am	25 Merry Christmas	26	27	28 Holiday Serenity Swing Sound Bath 3-5 & 5-6pm
29	Somatic Soul 10:00-11:00am	30 OM Meditation 10:00-11:00am Mindful Flow 6:00-7:00pm	31	Happy New Year 2025			4 Intentionally You Retreat 10-2pm

[www.theyogadome.ca](http://www.theyogadome.ca)  
\*all classes subject to change

Check out all our special events & workshops.