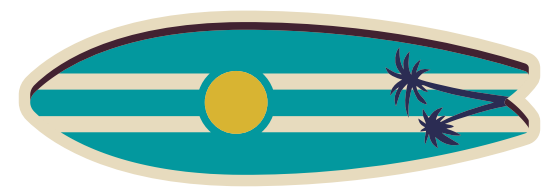













 Ashley Michelle's Classes

 Shauna P's Classes

 Meaghan Scott Classes

# JULY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Monday Morning Slow Flow Vinyasa June 6th - June 27th 8:00-9:00am *In The Dome*	Tuesday Morning Chair Yoga June 7th to June 28th 9:30-10:30am 			1 <b>Canada Day</b>  Yoga In The Yard 9:30- 10:30am	2
3 Self Care Sunday (Gentle Yoga) 10:00-11:00am *Yoga In The Yard*	4 *Yoga In The Yard* 6:00-7:00pm Sunset Slow Flow 7:30-8:30pm	5 Soul Flow (Vinyasa) 6:00-7:00pm *Yoga In The Yard*	6 Meditation On The Water  7:00-9:00pm 	7 Innovative Outdoor Flow 8:00-9:00am Fireside Yoga with Gong Sound Bath  8:00-9:00pm	8 Yin/Yang Fusion 8:30-9:30am *In The Dome*	9
10 Self Care Sunday (Gentle Yoga) 10:00-11:00am *Yoga In The Yard*	11 *Yoga In The Yard* 6:00-7:00pm Sunset Slow Flow 7:30-8:30pm	12 Soul Flow (Vinyasa) 6:00-7:00pm *Yoga In The Yard*	13 <b>FULL MOON GLOW PADDLE</b> 8:00-10:00pm 	14 Innovative Outdoor Flow 8:00-9:00am	15 Yin/Yang Fusion 8:30-9:30am *In The Dome* Meditation On The Water  7:00-9:00pm	16
17 Self Care Sunday (Gentle Yoga) 10:00-11:00am *Yoga In The Yard*	18 Yoga In The Yard* 6:00-7:00pm Sunset Slow Flow 7:30-8:30pm	19 Soul Flow (Vinyasa) 6:00-7:00pm *Yoga In The Yard*	20 Meditation On The Water  7:00-9:00pm 	21 Innovative Outdoor Flow 8:00-9:00am	22 Yin/Yang Fusion 8:30-9:30am *In The Dome*	23
24	25	26	27	28	29 Yin/Yang Fusion 8:30-9:30am *In The Dome* Meditation On The Water  7:00-9:00pm 	30

**SUMMER BREAK**



Special Events

[www.theyogadome.ca](http://www.theyogadome.ca)

\*all classes subject to change

Sanctuary SUP Sunday Social Paddling to raise money for Grey's Haven Farm Sanctuary  
Sunday July 17th 12:00-2:00pm