

Uniting Mind, Body & Soul

JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Canada Day Sound Bath 9-10am ★	2 In Dome Tuesdays: Yoga Nidra 9:30-10:30am Rest & Rest 7:45-9:00pm	3 Musical Flow 5:45-6:45pm (outdoors)	4	5 Yin/Yang Fusion 9:30-10:30am (outdoors)	6
7 Peace & Paddle Day Retreat 10-4pm ★	8 Mindful Flow 6:30-7:30pm (outdoors)	9 In Dome Tuesdays: Yoga Nidra 9:30-10:30am Rest & Rest 7:45-9:00pm	10 Musical Flow 5:45-6:45pm (outdoors)	11	12 Yin/Yang Fusion 9:30-10:30am (outdoors)	13
14	15 Mindful Flow 6:30-7:30pm (outdoors)	16 In Dome Tuesdays: Yoga Nidra 9:30-10:30am Rest & Rest 7:45-9:00pm	17 Musical Flow 5:45-6:45pm (outdoors)	18 T-Swift Yoga 8-9:30pm ★	19 Yin/Yang Fusion 9:30-10:30am (outdoors)	20 Full Moon Sound Bath 7-9pm ★
21 FULL MOON GLOW PADDLE 8:00-10:00pm ★	22 Mindful Flow 6:30-7:30pm (outdoors)	23 Yoga Nidra 9:30-10:30am Rest & Rest 7:45-9:00pm	24 Musical Flow 5:45-6:45pm (outdoors)	25-26 Family Summer Vacation		27
28	29	30	31	1	2 Yin/Yang Fusion 9:30-10:30am (outdoors)	3

www.theyogadome.ca
*all classes subject to change



Classes that are scheduled 'outdoors' will always be moved 'in dome' if rain is present.

