



... moving body, mind & soul

Spring 2024

Weekly Classes

<u>Sundays</u>	Yoga Flow with Sophie	10 - 11:15 a.m.
<u>Mondays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Tuesdays</u>	Yoga Unique to You with Nancy	6 - 7:15 p.m.
<u>Wednesdays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Thursdays</u>	Peaceful Heart Sangha	8 - 9:30 a.m.
	Spiral Dance Collective	6 - 7:30 p.m.
<u>Fridays</u>	Yoga for Seniors	1 - 2:30p.m.

Monthly Events

<u>3rd Sundays, 1 - 3</u>	<u><i>Meditative Belly Dance with Josie Conte</i></u> <i>April 21, May 19, June 23</i>
<u>Earth Day Event</u>	<u><i>National Water Dance & the Spiral Dance Collective</i></u> <i>April 20th: 3:00 Community Workshop; 4:00 performance</i>
<u>4th Saturdays, 10 - 12:30</u>	<u><i>Authentic Movement Group Session</i></u> <i>April 27, May 18</i>
<u>4th Sundays, 2 - 3:15</u>	<u><i>Deep Relaxation</i></u> <i>April 28, May 26,</i>