

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">Lokāḥ Samastāḥ Sukhino Bhavantu May all beings everywhere be happy and free, and may the thoughts, words and actions of my own life contribute in some way to that happiness and to that freedom for all.</p>						<p>HIIT Yoga Lisa Mowery 9AM-9:45AM \$15 Drop In or Class Card Meditation: Sitting in the Silence 10AM-11AM FREE - Love Donation</p>
<p>STORE & STUDIO CLOSED</p>	<p>STORE & STUDIO CLOSED</p>	<p>Kid's Yoga (6-12) Tara Jo Young 4PM-4:45PM \$10 Drop In Kundalini Yoga David Painter 6:00PM-7:30PM \$15 Drop In** HIIT Yoga Lisa Mowery 6PM-6:45PM \$15 Drop In or Class Card HOT Yin Yoga Tara Jo Young 7PM-8PM \$15 Drop In or Class Card</p>	<p>HIIT Yoga Melissa Mann 8AM-8:45AM \$15 Drop In or Class Card Vinyasa Yoga Melissa Mann 9AM-10AM \$15 Drop In or Class Card Gentle Vinyasa Yoga Tara Jo Young 10AM-11AM \$15 Drop In or Class Card</p>	<p>Kid's Yoga (6-12) Melissa Mann 4PM-4:45PM \$10 Drop In Vinyasa Yoga Melissa Mann 6PM-7PM \$15 Drop In or Class Card Restorative Yoga Melissa Mann 7PM-8PM \$15 Drop In or Class Card</p>	<p>Restorative Candlelight Yoga & Aromatherapy Melissa Mann 5:30PM-6:30PM \$15 Drop In or Class Card</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM \$15 Drop In or Class Card Meditation: Sitting in the Silence 10AM-11AM FREE - Love Donation Meditation: Breath of Angel 11AM-12PM FREE - Love Donation Chair Yoga Angela Sheaffer 11AM-12PM \$15 Drop In or Class Card Beginner Buti Yoga Alaina Tobias 12PM-1PM \$15 Drop In or Class Card Past Life Regression Group Session Maggie Salter 12PM-2PM \$40</p>
<p>New Moon Celtic Reiki Level 1 Attunement David Painter 8:30AM-12PM \$90 Restorative Yoga & Reiki Tara Jo Young & Victoria Weiser 10AM-11AM \$15 Drop In or Class Card New Moon Gong Bath Kat Baker 2PM-4PM \$25 Wild Woman Project New Moon Circle Kat Baker 5PM-7PM \$35</p>	<p>Teen Yoga (13-17) Melissa Mann 4PM-5PM \$10 Drop In Vinyasa Yoga Tara Jo Young 6PM-7PM \$15 Drop In or Class Card Yin Yoga Tara Jo Young 7PM-8PM \$15 Drop In or Class Card</p>	<p>Kid's Yoga (6-12) Tara Jo Young 4PM-4:45PM \$10 Drop In Kundalini Yoga David Painter 6:00PM-7:30PM \$15 Drop In** HIIT Yoga Lisa Mowery 6PM-6:45PM \$15 Drop In or Class Card HOT Yin Yoga Tara Jo Young 7PM-8PM \$15 Drop In or Class Card</p>	<p>HIIT Yoga Melissa Mann 8AM-8:45AM \$15 Drop In or Class Card Vinyasa Yoga Melissa Mann 9AM-10AM \$15 Drop In or Class Card Gentle Vinyasa Yoga Tara Jo Young 10AM-11AM \$15 Drop In or Class Card EnergyShare Tara Jo Young 7PM-9PM Love Donation **Please call/text to reserve your 20 minute spot!</p>	<p>Kid's Yoga (6-12) Melissa Mann 4PM-4:45PM \$10 Drop In Vinyasa Yoga Melissa Mann 6PM-7PM \$15 Drop In or Class Card Restorative Yoga Melissa Mann 7PM-8PM \$15 Drop In or Class Card Automatic Writing Melody Bishop 7PM-9PM \$45</p>	<p>Happy Hour Yoga Tara Jo Young 5:30PM-6:30PM \$15 Drop In or Class Card Drum Circle Holly Blyler 7PM-9PM FREE - Love Donation</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM \$15 Drop In or Class Card Meditation: Sitting in the Silence 10AM-11AM FREE - Love Donation</p>
<p>I AM Series I AM Intuitive Maggie Salter 3PM-5PM \$39</p>	<p>Teen Yoga (13-17) Melissa Mann 4PM-5PM \$10 Drop In Vinyasa Yoga Tara Jo Young 6PM-7PM \$15 Drop In or Class Card Yin Yoga Tara Jo Young 7PM-8PM \$15 Drop In or Class Card</p>	<p>Potpourri Series Bonnie Schindler 6PM-7:30PM \$25 Kid's Yoga (6-12) Tara Jo Young 4PM-4:45PM \$10 Drop In Kundalini Yoga David Painter 6:00PM-7:30PM \$15 Drop In** HIIT Yoga Lisa Mowery 6PM-6:45PM \$15 Drop In or Class Card HOT Yin Yoga Tara Jo Young 7PM-8PM \$15 Drop In or Class Card</p>	<p>HIIT Yoga Melissa Mann 8AM-8:45AM \$15 Drop In or Class Card Vinyasa Yoga Melissa Mann 9AM-10AM \$15 Drop In or Class Card Gentle Vinyasa Yoga Tara Jo Young 10AM-11AM \$15 Drop In or Class Card</p>	<p>Kid's Yoga (6-12) Melissa Mann 4PM-4:45PM \$10 Drop In Vinyasa Yoga Melissa Mann 6PM-7PM \$15 Drop In or Class Card Restorative Yoga Melissa Mann 7PM-8PM \$15 Drop In or Class Card</p>	<p>Autumnal Energy Clearing Melody Bishop 2PM-4PM \$35</p>	<p style="text-align: center;">FALL FUNFEST</p> <p style="text-align: center;">Check our website for a full listing of readers and free workshops to attend.</p>
<p>Advanced Energy Sciences Day 2 of 2 Dr. Adhi Two Owls 10AM-4PM Tarot 101 Cathy Harner 1PM-5PM \$88</p>	<p>Teen Yoga (13-17) Melissa Mann 4PM-5PM \$10 Drop In Vinyasa Yoga Tara Jo Young 6PM-7PM \$15 Drop In or Class Card Yin Yoga Tara Jo Young 7PM-8PM \$15 Drop In or Class Card</p>	<p>Kid's Yoga (6-12) Tara Jo Young 4PM-4:45PM \$10 Drop In Kundalini Yoga David Painter 6:00PM-7:30PM \$15 Drop In** HIIT Yoga Lisa Mowery 6PM-6:45PM \$15 Drop In or Class Card HOT Yin Yoga Tara Jo Young 7PM-8PM \$15 Drop In or Class Card</p>	<p>HIIT Yoga Melissa Mann 8AM-8:45AM \$15 Drop In or Class Card Vinyasa Yoga Melissa Mann 9AM-10AM \$15 Drop In or Class Card Gentle Vinyasa Yoga Tara Jo Young 10AM-11AM \$15 Drop In or Class Card</p>	<p>Kid's Yoga (6-12) Melissa Mann 4PM-4:45PM \$10 Drop In Vinyasa Yoga Melissa Mann 6PM-7PM \$15 Drop In or Class Card Restorative Yoga Melissa Mann 7PM-8PM \$15 Drop In or Class Card</p>	<p>Yoga Nidra Paul Herzer 7PM-8:30PM Pre-Register \$35 Walk-In \$40 Intro to Shamanism Potluck Dr. Adhi Two Owls 7PM-9PM Love Donations **Please bring a dish to share!</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM \$15 Drop In or Class Card Meditation: Sitting in the Silence 10AM-11AM FREE - Love Donation Meditation: Violet Flame 11AM-12PM FREE - Love Donation Beginner Buti Yoga Alaina Tobias 12PM-1PM \$15 Drop In or Class Card My Crystal Connection Roz Turney 12PM-2PM \$20 Advanced Energy Sciences Day 1 of 2 Dr. Adhi Two Owls 10AM-4PM \$150</p>
<p style="text-align: center;">Yoga Class Price</p> <p style="text-align: center;">Drop In \$15.00 5 Class Card \$65.00 (\$13.00/class) 10 Class Card \$115.00 (\$11.50/class)</p> <p style="text-align: center;">30 Day Unlimited Pass \$110.00 (expires 30 days from first use)</p> <p style="text-align: center;">All class cards and unlimited passes must be redeemed within 3 months of the date of purchase. All purchases are final.</p> <p style="text-align: center;">** Class cards not valid for Kundalini Yoga. Free Class Pass not valid for Kundalini Yoga and Yoga Nidra.</p>						

RSVP REQUIRED FOR ALL CLASSES & EVENTS

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