

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p><b>Teen Yoga (13-17)</b> Melissa Mann 4:30PM-5:30PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Tara Jo Young 6PM-7PM</p> <p><b>Buti Yoga</b> Kristin Felix 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>2</p> <p><b>Kundalini Yoga</b> David Painter 6PM-7PM</p> <p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p> <p><b>Experience the Dragons</b> Linda Gareh-Applegate &amp; Eileen Vilardi 7PM-9PM \$30</p>	<p>3</p> <p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Yoga</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p>	<p>4</p> <p><b>Kid's Yoga (6-12)</b> Melissa Mann 4:30PM-5:15PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Melissa Mann 6PM-7PM</p> <p><b>Restorative Yoga</b> Melissa Mann 7PM-8PM</p>	<p>5</p> <p><b>Restorative Candlelight Yoga &amp; Aromatherapy</b> Melissa Mann 5:30PM-6:30PM</p> <p><b>50th Angel Circle</b> Annemarie Heckert 7PM-9PM \$30</p>	<p>6</p> <p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Meditation Sitting in the Silence</b> 10AM-11AM FREE - Love Donation</p> <p><b>Usui Reiki Level I Attunement</b> 11:30AM-4:30PM \$75</p> <p><b>Buti Yoga</b> Alaina Tobias 12PM-1PM</p>
<p>7</p> <p><b>Pow-Wow</b> Silver RavenWolf 12PM-3PM \$20</p> <p><b>Book Signing with Silver RavenWolf</b> 3:15PM-4PM FREE</p>	<p>8</p> <p>New Moon</p> <p><b>Teen Yoga (13-17)</b> Melissa Mann 4:30PM-5:30PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Tara Jo Young 6PM-7PM</p> <p><b>Wild Woman Project</b> New Moon Circle Kat Baker 5PM-7PM \$35</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>9</p> <p><b>Kundalini Yoga</b> David Painter 6PM-7PM</p> <p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>10</p> <p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Yoga</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p> <p><b>EnergyShare</b> 7PM-9PM Love Donation **Please call/text to reserve your 20 minute spot!</p>	<p>11</p> <p><b>Kid's Yoga (6-12)</b> Melissa Mann 4:30PM-5:15PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Melissa Mann 6PM-7PM</p> <p><b>Restorative Yoga</b> Melissa Mann 7PM-8PM</p>	<p>12</p> <p><b>Drum Circle</b> Holly Blyler 7PM-9PM FREE - Love Donation</p>	<p>13</p> <p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Meditation Sitting in the Silence</b> 10AM-11AM FREE - Love Donation</p> <p><b>Meditation Breath of Angel</b> 11AM-12PM FREE - Love Donation</p> <p><b>Buti Yoga</b> Alaina Tobias 12PM-1PM</p>
<p>14</p> <p><b>Munay-Ki Rites 1-3</b> David Painter 8:30AM-12PM \$90</p> <p><b>Buti Bliss</b> Kristin Felix 10AM-11AM</p> <p><b>Kundalini Yoga Meditation &amp; Kriyas on Healing</b> David Painter 1PM-5PM \$40</p> <p><b>Restorative Yoga &amp; Reiki</b> Melissa Mann &amp; Victoria Weiser 5:30PM-6:30PM</p>	<p>15</p> <p><b>Teen Yoga (13-17)</b> Melissa Mann 4:30PM-5:30PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Tara Jo Young 6PM-7PM</p> <p><b>Buti Yoga</b> Kristin Felix 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>16</p> <p><b>Kundalini Yoga</b> David Painter 6PM-7PM</p> <p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>17</p> <p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Yoga</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p> <p><b>Healing Spirit Circle</b> Maggie Salter 7PM-9PM \$45</p>	<p>18</p> <p><b>Kid's Yoga (6-12)</b> Melissa Mann 4:30PM-5:15PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Melissa Mann 6PM-7PM</p> <p><b>Restorative Yoga</b> Melissa Mann 7PM-8PM</p>	<p>19</p> <p><b>Buti Glow</b> Alaina Tobias 6:30PM-8PM</p>	<p>20</p> <p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Holy Fire Reiki Level I Attunement</b> Monica Pageler 10AM-6PM \$150</p> <p><b>Meditation Sitting in the Silence</b> 10AM-11AM FREE - Love Donation</p> <p><b>Intro to Access Bars</b> Infinite Mind Body Org 11AM-1PM \$35</p> <p><b>Buti Yoga</b> Alaina Tobias 12PM-1PM</p>
<p>21</p> <p><b>Monthly Gong Bath</b> Kat Baker 10AM-12PM \$25</p> <p><b>Ordinations by Sanctuary of the Beloved</b> Rev. Daniel Chesbro 1PM-5PM \$175</p> <p><b>I AM Series Mediumship</b> Maggie Salter 3PM-5PM \$39</p>	<p>22</p> <p><b>Teen Yoga (13-17)</b> Melissa Mann 4:30PM-5:30PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Tara Jo Young 6PM-7PM</p> <p><b>Buti Yoga</b> Kristin Felix 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>23</p> <p><b>Kundalini Yoga</b> David Painter 6PM-7PM</p> <p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>24</p> <p>Full Moon</p> <p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Yoga</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p> <p><b>Wicca 101</b> Silver RavenWolf &amp; Thorn 7PM-9PM FREE - Love Donation</p>	<p>25</p> <p><b>Kid's Yoga (6-12)</b> Melissa Mann 4:30PM-5:15PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Melissa Mann 6PM-7PM</p> <p><b>Restorative Yoga</b> Melissa Mann 7PM-8PM</p>	<p>26</p> <p><b>Yoga Nidra</b> Paul Herzer 7PM-8:30PM Class Pass Valid Pre-Register \$35 Walk-In \$40</p>	<p>27</p> <p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Sacred Dance with Veils</b> Jessamina Lanzilotta 10AM-11AM</p> <p><b>Meditation Sitting in the Silence</b> 10AM-11AM FREE - Love Donation</p> <p><b>Meditation Violet Flame</b> 11AM-12PM FREE - Love Donation</p> <p><b>Buti Yoga</b> Alaina Tobias 12PM-1PM</p> <p><b>My Crystal Connection Clearing Your Space</b> Roz Turney 12PM-2PM \$20</p> <p><b>CBD Informational</b> 2PM-3PM FREE</p>
<p>28</p> <p><b>Sacred Dance for Stress Relief</b> Jessamina Lanzilotta 10:30AM-12:00PM \$25 includes fresh stress relief juices, smoothies, and light refreshments! Must pre-register!</p>	<p>29</p> <p><b>Teen Yoga (13-17)</b> Melissa Mann 4:30PM-5:30PM \$10 Drop In</p> <p><b>Vinyasa Yoga</b> Tara Jo Young 6PM-7PM</p> <p><b>Buti Yoga</b> Kristin Felix 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>30</p> <p><b>Kundalini Yoga</b> David Painter 6PM-7PM</p> <p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p>31</p> <p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Yoga</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p>	<p><b>Yoga &amp; Wellness Class Price</b></p> <p>Drop In \$15.00</p> <p>5 Class Card \$65.00 (\$13.00/class) / 10 Class Card \$115.00 (\$11.50/class) unless otherwise noted directly under event</p> <p>30 Day Unlimited Pass \$110.00 (expires 30 days from first use)</p> <p>All class cards and unlimited passes must be redeemed within 3 months of the date of purchase. All purchases are final.</p>		

**RSVP REQUIRED FOR ALL CLASSES & EVENTS**

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