

January 2020

Saturday	8:00 am	Power Flow & Stretch	Lance
Saturday	9:15 am	Naam Yoga	Nicole
Saturday	10:30 am	Guided Meditation	Chery
Saturday	11:45 pm	Stretch, Restorative Yoga	Diana
Monday	9:30	Naam 5 for Radiant Health –75 min	Vickie
Monday	11:00 am	Yin Yoga	Diana
Monday	12:15 pm	Strength Yoga 90 min.	Deborah JOYa
Tuesday	9:30 am	Series to Learn: Tai Chi Chih Advanced	Linda
Tuesday	10:30 am	All Day Retreat * Jan. 14 & 28 goes thru March	Deborah & Thomas
Tuesday	2:00 pm	2 hours Specialty Class * Jan. 7 & 21 goes thru March	Deborah & Thomas
Wednesday	7:30 am	Power Flow & Stretch	Lance
Wednesday	9:00 am	Naam Yoga	Nicole
Wednesday	10:15 am	Align Yin/Restorative Yoga	Nicole
Wednesday	12:00 am	Series to Learn: Tai Chi Chih Beginner	Linda
Thursday	3:30 pm	Healthy Motion Yoga	Deb
Friday	9:30 am	Series to Learn: Tai Chi Chih Advanced	Linda
Friday	10:45 am	Foundation Fridays begin Jan. 17	Lance
Friday	12:00 pm	Series to Learn Tai Chi Chih Beginner	Linda

Upcoming Special Events

Jan 16 7:15 pm Yoga for Stress Release	Deb
Jan 17 & 18 Mark Earlix	(Joanne West)
Jan 21 7 pm Whale and Dolphin Sound Bath	Mahaha
Jan 26 6:00 pm Yoga Nidra	Deb
Jan 31 7 pm Sound Healing - Gong and Chrystal Bowl Meditation	Nicole
Feb. 1 1:30 - 4:00 pm Mala, Meditation & Merlot	Nicole
Feb. 2 11am– 4pm Art with Vision - every 1st Sunday of each month	Sharon Gilbertson
Feb 9 2 - 4 pm Naam Yoga Therapy Workshop for Emotional Balance and Anxiety	Nicole
Feb 13th at 6:00 - 7:30 pm Candlelight Yin/Restorative Meditation	Diana
Feb 20th at 7:15 pm Yoga for Stress Release	Deb
Feb 23 rd 3:00- 5:00 Vision Board for 2020	Vickie
Feb 23th at 6pm Yoga Nidra	Deb
Feb 28 at 7pm Sound Healing & Gong Meditation	Nicole
Feb 29 at 2:00pm - 5:00pm Discovering Your Life's Blueprint	Nicole

**ALWAYS CHECK THE ONLINE SCHEDULE FOR
UP-TO-DATE INFORMATION & Details on RSVP**

Drop in Class - \$10.00

Class PunchCards: 5 for 45.00 10 for 90.00 20 for 180.00

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