




MENTAL HEALTH AWARENESS MONTH

M A Y 2 0 2 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am Svaroopaa®/Deb (sub) 5:30pm Mindful Flow/Lisa 7pm Pound/Sharon	2 10am Heal Your Life/Lisa 4pm Svaroopaa®/Deb (sub) 5:45pm Slow Flow/Maddie	3 9:30am Qigong WR Park/Lisa 12noon Contemp. Pause/Nadine	4 9:00am Yoga WR Park/Maddie 9:30am Svaroopaa®/Deb (sub)
5 9:30am Soulful Sunday/Maddie 11am Svaroopaa®/No Class 6pm Sister Circle/Jex	6 4:30pm Beg Meditation/Nadine 5:30pm Deep Release/Lisa 6:45pm Slow Flow/Maddie	7 9:30am Pound/Sharon 12noon Mindful Flow/Lisa 4pm Contemp. Pause/Nadine	8 9:30am Svaroopaa®/Sarita 11:30am Love Your Brain/Freya 5:30pm Mindful Flow/Lisa 7pm Pound/Sharon	9 10am Heal Your Life/Lisa 11:45pm Beg Meditation/Nadine 4pm Svaroopaa®/Sarita 5:45pm Slow Flow/Maddie	10 9:30am Qigong WR Park/Lisa 12noon Contemp. Pause/Nadine 6pm Sound Bath/Michael & Sarita	11 9:00am Yoga WR Park/Lisa 9:30am Svaroopaa®/Sarita
12 11am Svaroopaa®/Sarita	13 4:30pm Beg Meditation/Nadine 5:30pm Deep Release/Lisa 6:45pm Slow Flow/Maddie	14 9:30am Pound/Sharon 12noon Mindful Flow/Lisa 4pm Contemp. Pause/Nadine	15 9:30am Svaroopaa®/Sarita 11:30am Love Your Brain/Freya 5:30pm Mindful Flow/Lisa 7pm Pound/Sharon	16 10am Heal Your Life/Lisa 11:45pm Beg Meditation/Nadine 4pm Svaroopaa®/Sarita 5:45pm Slow Flow/Maddie	17 9:30am Qigong WR Park/Lisa 12noon Contemp. Pause/Nadine 6pm Partner Yoga/Lisa	18 9:00am Yoga WR Park/Maddie 9:30am Svaroopaa®/Sarita 2:00pm Self-Love Recharge/Jex
19 11am Svaroopaa®/Sarita 4pm Life Beauty Art Death/Karen	20 2:30pm Life Beauty Art Death/Karen 4:30pm Beg Meditation/Nadine 5:30pm Deep Release/Lisa 6:45pm Slow Flow/Maddie	21 9:30am Pound/Sharon 12noon Mindful Flow/Lisa 4pm Contemp. Pause/Nadine	22 9:30am Svaroopaa®/Sarita 11:30am Love Your Brain/Freya 5:30pm Mindful Flow/Lisa 7pm Pound/Sharon	23 10am Heal Your Life/Lisa 11:45pm Beg Meditation/Nadine 4pm Svaroopaa®/Sarita 5:45pm Slow Flow/Maddie	24 9:30am Qigong WR Park/Lisa 12noon Contemp. Pause/Nadine	25 9:00am Yoga WR Park/Tracy (Substitute) 9:30am Svaroopaa®/Sarita
26 11am Svaroopaa®/Sarita	27 Memorial Day No Classes 	28 9:30am Pound/Sharon 12noon Mindful Flow/Lisa 4pm Contemp. Pause/Nadine	29 9:30am Svaroopaa®/Sarita 11:30am Love Your Brain/Freya 5:30pm Mindful Flow/Lisa 7pm Pound/Sharon	30 10am Heal Your Life/Lisa 4pm Svaroopaa®/Deb (sub) 5:45pm Slow Flow/Maddie	31 9:30am Qigong WR Park/Lisa 12noon- Contemp. Pause/Nadine 6pm Past Life Regression/Diane	

Register with Your Teacher

Sarita: saritalindarocco.com

Maddie: maddiehertzog.com

Lisa: healingpowerofbreath.com

Nadine: nadinejsmet-weiss.com

Sharon: followsharon.com

Jex: Call or text 610.914.6311

Brenda: Call or text 484-529-1201

