



MAY 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Easeful Expansion

4

9:00am Community Yoga - Ash
12:00pm Svaroopa®Yoga- Sarita

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9:00am Community Yoga - Ash
10:00am Manifestation Circle-Danielle
12:00pm Svaroopa®Yoga- Sarita

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9:00am Community Yoga - Ash
12:00pm Svaroopa®Yoga- Sarita
1:45pm Guided Meditation- Nadine

25

Happy Memorial Day
no classes Sun & Mon

5

9:00am Yoga Basics-Sarita
10:30am Mindful Flow -Lisa
11:45am Mindful Presence-Nadine
5:30pm Deep Release-Lisa
6:45pm Women's Empowerment Group - Diane

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9:00am Yoga Basics-Sarita
10:30am Mindful Flow -Lisa
11:45am Mindful Presence-Nadine
5:30pm Deep Release-Lisa
6:45pm Women's Empowerment Group - Diane

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9:00am Yoga Basics-Sarita
10:30am Mindful Flow -Lisa
11:45am Mindful Presence-Nadine
5:30pm Deep Release-Lisa
6:45pm Women's Empowerment Group - Diane

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6

5:30pm OPEN Studio- Ash
7:00pm Moving into Meditation -Ash

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5:30pm OPEN Studio- Ash
7:00pm Moving into Meditation -Ash

20

5:30pm OPEN Studio- Ash
7:00pm Moving into Meditation -Ash

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5:30pm OPEN Studio- Ash
7:00pm Moving into Meditation -Ash

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9:30am Svaroopa®Yoga- Sarita
5:30pm Mindful Flow Lisa

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9:30am Svaroopa®Yoga- Sarita
5:30pm Mindful Flow Lisa

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9:30am Svaroopa®Yoga- Sarita
5:30pm Mindful Flow Lisa

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9:30am Svaroopa®Yoga- Sarita
5:30pm Mindful Flow Lisa

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4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon

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4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon

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4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon

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4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon

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4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon

2

9:30am -Qigong Lisa
10:45am Mindful Presence- Nadine

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9:30am -Qigong Lisa
10:45am Mindful Presence- Nadine
6:00pm Sound Bath-Michael & Sarita

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9:30am -Qigong Lisa
10:45am Mindful Presence- Nadine

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9:30am -Qigong- Lisa
10:45am Mindful Presence- Nadine
4:00pm Transformational Breathwork- Lisa

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9:30am -Qigong Lisa
10:45am Mindful Presence- Nadine

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8:30am Pound Fitness- Sharon
9:00am Yoga in the Park-Lisa
10:00am Strength & Mobility Flow- Selena

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8:30am Pound Fitness- Sharon
9:00am Yoga in the Park-Michelle
10:00am Strength & Mobility Flow- Selena

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8:30am Pound Fitness- Sharon
9:00am Yoga in the Park-Michelle
10:00am Strength & Mobility Flow- Selena

24

8:30am Pound Fitness- Sharon
9:00am Yoga in the Park-Lisa
10:00am Strength & Mobility Flow- Selena

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8:30am Pound Fitness- Sharon
9:00am Yoga in the Park-Lisa
10:00am Strength & Mobility Flow- Selena