



April Showers



A P R I L 2 0 2 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	2 9:30am Pound - Sharon 12noon Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine 6pm Strong Flow - Brenda	3 5:30pm Mindful Flow - Lisa 6:45pm Pound - Sharon	4 4pm Svaroopa®- Deb (substitute) 5:45pm Stretch & Breathe - Maddie	5 9:30am Qigong - Lisa 12noon - Contemplative Pause - Nadine	6 11:30am Community Yoga - Maddie
7 9:30am Soulful Sunday - Maddie 6-8pm Sister Circle - Jex	8 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	9 9:30am Pound - Sharon 12noon Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine 6pm Strong Flow - Brenda	10 9:30am Svaroopa®- Sarita 5:30pm Mindful Flow - Lisa 6:45pm Pound - Sharon	11 4pm Svaroopa®- Sarita 5:45pm Stretch & Breathe - Maddie	12 9:30am Qigong - Lisa 12noon - Contemp. Pause - Nadine 6-7:30pm Sound Bath - Michael & Sarita	13 9:30am Svaroopa®- Sarita 11:30am Community Yoga - Lisa
14 9:30am Soulful Sunday - Maddie 11am Svaroopa®- Sarita 2-5pm - Spring Renewal - Sarita, Lisa, Maddie	15 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	16 9:30am Pound - Sharon 12noon Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine 6pm Strong Flow - Brenda	17 9:30am Svaroopa®- Sarita 5:30pm Mindful Flow - Lisa 6:45pm Pound - Sharon	18 10-11am Heal Your Life - Lisa 4pm Svaroopa®- Sarita 5:45pm Stretch & Breathe - Maddie	19 9:30am Qigong - Lisa 12noon - Contemp. Pause - Nadine 6-7:30pm Yoga for Sleep - Maddie	20 9:30am Svaroopa®- Sarita 11:30am Community Yoga - Maddie
21 9:30am Soulful Sunday - Maddie 11am Svaroopa®- Sarita	22 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	23 9:30am Pound - Sharon 12noon Mindful Flow - Lisa 6pm Strong Flow - Brenda	24 9:30am Svaroopa®- Sarita 5:30pm Mindful Flow - Lisa 6:45pm Pound - Sharon	25 10-11am Heal Your Life - Lisa 4pm Svaroopa®- Sarita 5:45pm Stretch & Breathe - Maddie	26 9:30am Qigong - Lisa 12noon - Contemplative Pause - Nadine 6-8pm Anger is a Sacred Energy Too- Diane Seaman	27 9:30am Svaroopa®- Sarita 11:30am Community Yoga - Lisa
28 9:30am Soulful Sunday - Maddie 11am Svaroopa®- Sarita 3-5pm Transformational Breathwork- Lisa	29 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	30 9:30am Pound - Sharon 12noon Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine 6pm Strong Flow - Brenda				

Register with Your Teacher

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