DECEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 3 4 5 6 9:00am Basic Yoga -Sarita 4:00pm Svaroopa®Yoga-Sarita 8:30am Pound Fitness- Sharon 10:30am Mindful Flow -Lisa 8:00am - Elemental Yoga - Michele **6:00pm** Pound Fitness-Sharon 9:30am Svaroopa(R)Yoga-Sarita 10:30am Strength & Mobility **11:45am** Presence Practice-Nadine 7:00pm Moving into Meditation -9:30am -Qigong- Lisa Flow- Selena 5:30pm Mindful Flow Lisa 5:30pm Deep Release - Lisa 10:30am Presence Practice-7:00pm Moving into 8:15pm Music That Moves 6:45pm Women's Nadine Meditation -Ash Empowerment Group - Diane Us -Ash 12 11 13 10 8:30am Strength & Mobility 4:00pm Svaroopa®Yoga-Sarita 9:00am Basic Yoga -Sarita Flow-Selena 8:30am Pound Fitness- Sharon 8:00am - Elemental Yoga - Michele 9:30am Svaroopa®Yoga-Sarita 10:30am Mindful Flow -Lisa **6:00pm** Pound Fitness- Sharon 10:00am You Are The Creator-11:00am Holding Hope- Nading 9:30am -Qiqong Lisa 10:30am Strength & Mobility Danielle 11:45am Presence Practice-Nadine 7:00pm Moving into Meditation -Flow-Selena 5:30pm Mindful Flow Lisa 10:30am Presence Practice-12:00pm Svaroopa RYoga-Sarita **5:30pm** Deep Release - Lisa Nadine **7:00pm** Moving into 8:15pm Music That Moves 6:45pm Women's 6:00pm Sound Bath-Michael & Meditation -Ash Us -Āsh Empowerment Group - Diane Sarita 14 15 16 17 18 19 20 9:00am Basic Yoga-Sarita 8:30am Strength & Mobility 8:00am - Elemental Yoga - Michele Flow-Selena 8:30am Pound Fitness- Sharon 10:30am Mindful Flow -Lisa 4:00pm Svaroopa®Yoga-Sarita 9:30am Svaroopa®Yoga-Sarita 9:30am - Qiqonq-Lisa 12:00pm Svaroopa RYoga-Sarita 11:45am Presence Practice-Nadine 10:30am Strength & Mobility 6:00pm Pound Fitness-Sharon 5:30pm Mindful Flow Lisa 10:30am Presence Practice-Flow-Selena 5:30pm Deep Release - Lisa 7:00pm Moving into Meditation -Nadine 6:45pm Women's 7:00pm Moving into 8:15pm Music That Moves 4:00pm Living Hope- Nadine Empowerment Group - Diane Meditation -Ash Us -Ash

8:30am Strength & Mobility

21

12:00pm Svaroopa(R)Yoga-Sarita

5:30pm Deep Release-Lisa

6:45pm Women's

22

9:00am Basic Yoga -Sarita 10:30am Mindful Flow -Lisa

11:45am Presence Practice-Nadine

Empowerment Group - Diane

23

7:00pm Moving into Meditation -Ash

The Nest will reopen January 2

Merry Christmas Happy New Year



