

DECEMBER 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 9:00am Basic Yoga -Sarita 10:30am Mindful Flow -Lisa 11:45am Presence Practice-Nadine 5:30pm Deep Release - Lisa 6:45pm Women's Empowerment Group - Diane	2 7:00pm Moving into Meditation -Ash	3 9:30am Svaroopaa®Yoga- Sarita 5:30pm Mindful Flow Lisa	4 4:00pm Svaroopaa®Yoga- Sarita 6:00pm Pound Fitness- Sharon 7:00pm Moving into Meditation - Ash 8:15pm Music That Moves Us -Ash	5 8:00am -Elemental Yoga - Michele 9:30am -Qigong- Lisa 10:30am Presence Practice- Nadine	6 8:30am Pound Fitness- Sharon 10:30am Strength & Mobility Flow- Selena
7 8:30am Strength & Mobility Flow- Selena 10:00am You Are The Creator- Danielle 12:00pm Svaroopaa®Yoga- Sarita	8 9:00am Basic Yoga -Sarita 10:30am Mindful Flow -Lisa 11:45am Presence Practice-Nadine 5:30pm Deep Release - Lisa 6:45pm Women's Empowerment Group - Diane	9 11:00am Holding Hope- Nadine 7:00pm Moving into Meditation -Ash	10 9:30am Svaroopaa®Yoga- Sarita 5:30pm Mindful Flow Lisa	11 4:00pm Svaroopaa®Yoga- Sarita 6:00pm Pound Fitness- Sharon 7:00pm Moving into Meditation - Ash 8:15pm Music That Moves Us -Ash	12 8:00am -Elemental Yoga - Michele 9:30am -Qigong Lisa 10:30am Presence Practice- Nadine 6:00pm Sound Bath-Michael & Sarita	13 8:30am Pound Fitness- Sharon 10:30am Strength & Mobility Flow- Selena
14 8:30am Strength & Mobility Flow- Selena 12:00pm Svaroopaa®Yoga- Sarita 4:00pm Living Hope- Nadine	15 9:00am Basic Yoga-Sarita 10:30am Mindful Flow -Lisa 11:45am Presence Practice-Nadine 5:30pm Deep Release - Lisa 6:45pm Women's Empowerment Group - Diane	16 7:00pm Moving into Meditation -Ash	17 9:30am Svaroopaa®Yoga- Sarita 5:30pm Mindful Flow Lisa	18 4:00pm Svaroopaa®Yoga- Sarita 6:00pm Pound Fitness- Sharon 7:00pm Moving into Meditation - Ash 8:15pm Music That Moves Us -Ash	19 8:00am -Elemental Yoga - Michele 9:30am -Qigong- Lisa 10:30am Presence Practice- Nadine	20 8:30am Pound Fitness- Sharon 10:30am Strength & Mobility Flow- Selena
21 8:30am Strength & Mobility Flow- Selena 12:00pm Svaroopaa®Yoga- Sarita	22 9:00am Basic Yoga -Sarita 10:30am Mindful Flow -Lisa 11:45am Presence Practice-Nadine 5:30pm Deep Release-Lisa 6:45pm Women's Empowerment Group - Diane	23 7:00pm Moving into Meditation -Ash				

The Nest will reopen January 2



Merry Christmas Happy New Year



629 Court Street West Reading PA 19611 610-763-1755 www.thenestcollaborative.com