



Peaceful Freedom

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	2 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine	3 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon	4  Independence Day No classes today	5 12noon - Contemplative Pause - Nadine	6 9am Yoga in the Park - Tracy (sub)
7 9:30am Sunday Vinyasa - Brenda 4pm Sister Circle - Jex	8 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	9 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine	10 9:30am Svaroopa® - Sarita 5:30pm Mindful Flow - Lisa 7pm 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 9am Yoga in the Park - Lisa 9:30am Svaroopa® - Sarita 3-4:30pm Tools for Deeper Meditation - Brian Lottman
14 9:30am Sunday Vinyasa - Brenda 11am Svaroopa® - Sarita	15 6:45pm Slow Flow - Maddie	16 9:30am Pound - Sharon 4pm - Contemplative Pause - Nadine	17 9:30am Svaroopa® - Sarita 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon	18 4pm Svaroopa® - Sarita 5:45pm Stretch & Breathe - Maddie 7pm Full Moon Circle - Jex	19 9:30am Qigong - Lisa 12noon - Contemp. Pause - Nadine	20 9am Yoga in the Park - Maddie 9:30am Svaroopa® - Sarita
21 9:30am Sunday Vinyasa - Brenda 11am Svaroopa® - Sarita 4pm - Pop Up Pound - Sharon	22 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	23 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 6pm Reiki & Restore - Maddie	24 9:30am Svaroopa® - Sarita 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon	25 4pm Svaroopa® - Sarita 5:45pm Stretch & Breathe - Maddie	26 9:30am Qigong - Lisa 6-7:30pm Yoga for Stress Relief - Swami Prajananda	27 9am Yoga in the Park - Maddie 9:30am Svaroopa® - Sarita 1-5pm Yoga Program - Swami Prajananda
28 11am Svaroopa® - Sarita	29 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	30 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine	31 9:30am Svaroopa® - Sarita 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon			

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



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