

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SARAH TO SUB 9:15AM YOGA	2 ELENA TO SUB Restorative Yoga 5:30pm	3	4
5	6	7 Gentle Yoga 12-1:30 pm KickAss Yoga 5:30-7:00 pm	8 Slow Active Yoga 9:15am Core Align 10am	9 Restorative 5:30pm	10 Yoga Nidra 5:30pm	11
12 SUNDAY LONG PRACTICE 9:30-11:30	13	14 Gentle Yoga 12-1:30 pm KickAss Yoga 5:30-7:00 pm	15 Slow Active Yoga 9:15am Core Align 10am	16 Restorative 5:30pm	17	18
19	20	21 Gentle Yoga 12-1:30 pm KickAss Yoga 5:30-7:00 pm	22 Slow Active Yoga 9:15am Core Align 10am	23 Restorative 5:30pm	24	25
26	27	28 Gentle Yoga 12-1:30 pm KickAss Yoga 5:30-7:00 pm	29 Slow Active Yoga 9:15am Core Align 10am	30 Restorative 5:30pm	31	

Notes

All classes \$20 drop in unless otherwise noted

Yoga Nidra by Donation
2nd Friday of each month
5:30 - 6:45pm

Sunday Long Practice \$35
2nd Sunday of the month
9:30 - 11:30am

10-class card is \$175, never expires

If paying by credit card, please add \$5 to any transaction to cover processing fees.

Questions? Please contact Molly
dahlingmolly@gmail.com

