

MAY SCHEDULE

No Membership Dues

Small group sessions

Personalized Attention!

Limit 6 per yoga class

Store Opens at 10:00 a.m. Weekdays & Weekends (Closed Wed)

Yoga Instructor: Susan Hunter who holds 200 E-RYT and 500 RYT Yoga Alliance Certifications, and specializes in therapeutic yoga, creating a unique blend of the most helpful practices for your benefit and enjoyment.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NO CLASSES THIS WEEK	2	3	4	5
6	7 NO MEDITATION CLASS	8 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	9 Shakti Wheel 6 pm	10	11	12
13 AromaTouch 4-6, BY APPT	14 Meditation 12:15 p	15 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	16 Shakti Wheel 6 pm	17	18	19
20 AromaTouch 4-6, BY APPT	21 Meditation 12:15 p	22 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	23 Shakti Wheel 6 pm	24	25	26
27 AromaTouch 4-6, BY APPT	28 Meditation 12:15 p	29 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	30 Shakti Wheel 6 pm	31	NO CLASSES JUNE & JULY	