

APRIL 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 Easter Closed	2 Meditation 12:15 p Toe Reading and Aroma Touch 4-6, by appt	3 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	4 Shakti Wheel 6 pm	5	6	7
8 AromaTouch 4-6, BY APPT	9 Meditation 12:15 p Toe Reading and Aroma Touch 4-6, by appt	10 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	11 Shakti Wheel 6 pm	12	13	14
15 AromaTouch 4-6, BY APPT	16 Meditation 12:15 p Toe Reading and Aroma Touch 4-6, by appt	17 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	18 Shakti Wheel 6 pm	19	20	21
22 AromaTouch 4-6, BY APPT	23 Meditation 12:15 p Toe Reading and Aroma Touch 4-6, by appt	24 Kundalini & Yin 7:30 am Aroma & Restore 6 pm	25 Shakti Wheel 6 pm	26	27	28
29 AromaTouch 4-6, BY APPT	30 Meditation 12:15 p Toe Reading and Aroma Touch 4-6, by apt					