2024

04 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	3 No Yoga	4 Yoga Nidra w/Erin (salt cave) 7-8 pm	5 Slow flow yoga w/Debbi (haus) 9-10 am Candlemaking w/ Karayib Flame 6:30-8pm	6
7	8 Solar Eclipse New Moon Circle w/Nancy Perez (salt cave) 7-8:30 pm	9 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	10 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	11	12 Slow flow yoga w/Debbi (haus) 9-10 am Women's Circle w/Kirsten (salt cave) 10-11:30 am	13 Spring Wellness: Mindfulness+ Yoga Retreat wi/Gabi, Alison, &Jameson 10:30 am-4:30 pm
14	15	16 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	17 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	18	19 Slow flow yoga w/Debbi (haus) 9-10 am	20 Motherhood Collective Circle w/Krista (haus); 10-11:30 am Cacao Ceremony +Sound Healing w/Judit (haus+salt cave 2-4:30 pm Full Moon Kundalini Dance Party w/Erin 7-8:30 pm
21 Moving with the Seasons Yoga w/Debbi (haus+salt cave) 4:30-6 pm	22	23 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	24 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am Full Moon Circle w/Kirsten (salt cave) 7-8:30 pm	25 Restorative Yin Yoga (salt cave) w/Nancy 7-8 pm	26 Slow flow yoga w/Debbi (haus) 9-10 am	27
28	29	30 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am				

NOTE

TO DO LIST