2024

05 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	**2** Yoga Nidra w/Erin (salt cave) 7-8 pm	**3** Slow flow yoga w/Debbi (haus) 9-10 am	**4**
5 TRE® +Meditation Retreat w/Bonnie (salt cave+haus) 1-7 pm	**6**	**7** Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am Restorative Yoga (salt cave) w/Debbi 7-8 pm	**8** Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am New Moon Circle w/RoMa (salt cave) 7-8:30 pm	**9**	**10** Slow flow yoga w/Debbi (haus) 9-10 am Women's Circle w/Kirsten (salt cave) 10-11:30 am	**11** Cacao Ceremony +Sound Healing w/Judit (haus+salt cave 2-4:30 pm
12	**13** Muktananda Chanting Meditation w/Daniel (salt cave) 7-8:30 pm	**14** Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	**15** Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	**16** Restorative Yin Yoga (salt cave) w/Nancy 7-8 pm	**17** Slow flow yoga w/Debbi (haus) 9-10 am	**18** Motherhood Collective Circle w/Krista (haus); 10-11:30 am
19 Moving with the Seasons Yoga w/Debbi (haus+salt cave) 4:30-6 pm	**20** Muktananda Chanting Meditation w/Daniel (salt cave) 7-8:30 pm	**21** Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	**22** Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am Full Moon Circle w/Kirsten (salt cave) 7-8:30 pm	**23** Full Moon Kundalini Dance Party w/Erin 7-8:30 pm	**24** Slow flow yoga w/Debbi (haus) 9-10 am SoulCollage Intro w/Maria 10:30am-12:30pm SoulCollage Community Workshop w/Maria 1-3 pm SoulCollage Deep Dive Workshop w/Maria 3:30-5:30 pm	**25**
26	**27** Muktananda Chanting Meditation w/Daniel (salt cave) 7-8:30 pm	**28** Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	**29** Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	**30** Restorative Yin Yoga (salt cave) w/Nancy 7-8 pm	**31** Slow flow yoga w/Debbi (haus) 9-10 am	

NOTE

TO DO LIST