

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>9am</b> Yoga Vinyasa Flow En Espanol with Maria (GS) <b>5pm</b> Spirit Training (Breathwork & Qigong) with Danny <b>6:30pm</b> Kirya Flow & Sound Healing with Steph	<b>1</b> <b>6:30am</b> Rise to Strength Flow Yoga with Taimy <b>2</b> <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Yin Yoga with Taimy (SH)	<b>3</b> <b>10am</b> Sound-healing, Meditation & Breathwork with Vers3 <b>11:30am</b> Slow Flow Healing Yoga with Mica (SH) <b>12:30pm</b> Acro Yoga	<b>4</b> <b>10am</b> Stretch & Flow Yoga with Taimy <b>11:15am</b> Yoga Vinyasa Flow En Espanol with Maria(SH) <b>6pm</b> Sunset Yoga with Mica (SH)
<b>5</b> <b>10am</b> Hatha Yoga with Mica (GS) <b>5pm</b> Spirit Training (Breathwork & Qigong) with Danny <b>6:30pm</b> Hatha Yoga with Stephanie (SH)	<b>6</b> <b>10am</b> Hatha Yoga with Taimy (GS) <b>5pm</b> Intro to Ashtanga Yoga <b>6pm</b> Power Yoga with Epiphanie <b>6:30pm</b> Sound healing, Meditation & Breathwork with Vers3	<b>7</b> <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Kripalu Yoga & Sound with Stephanie <b>8pm</b> Spirit Training Breathwork & Qigong with Danny	<b>8</b> <b>9am</b> Yoga Vinyasa Flow En Espanol with Maria (GS) <b>5pm</b> Spirit Training Breathwork & Qigong with Danny <b>6:30pm</b> Kirya Flow & Sound Healing with Steph <b>7pm</b> Lionsgate portal fire & tea ceremony	<b>9</b> <b>6:30am</b> Rise to Strength Flow Yoga with Taimy <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Yin Yoga with Taimy (SH)	<b>10</b> <b>10am</b> Sound-healing, Meditation & Breathwork with Vers3 <b>11:30am</b> Slow Flow Healing Yoga with Mica (SH) <b>12:30pm</b> Acro Yoga <b>1pm</b> Family Constellation Workshop with Patricia	<b>11</b> <b>10am</b> Stretch & Flow Yoga with Taimy <b>10:30am</b> Kundalini Yoga Nabhi Kriya en Español <b>11:15am</b> Yoga Vinyasa Flow En Espanol with Maria(SH) <b>1pm</b> Breathwork, Movement and Soundbath with Vers3 <b>3pm</b> Visionboard Workshop for Teens and Parents with Epiphanie <b>6pm</b> Sunset Yoga with Mica (SH)
<b>12</b> <b>10am</b> Hatha Yoga with Mica (GS) <b>5pm</b> Spirit Training (Breathwork & Qigong) with Danny <b>6:30pm</b> Hatha Yoga with Stephanie (SH)	<b>13</b> <b>9:30am</b> Half Day Kids Field Trip <b>10am</b> Hatha Yoga with Taimy (GS) <b>5pm</b> Intro to Ashtanga Yoga <b>6pm</b> Power Yoga with Epiphanie <b>6:30pm</b> Sound-healing, Meditation & Breathwork with Vers3	<b>14</b> <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Kripalu Yoga & Sound with Stephanie (SH) <b>8pm</b> FireGazing Meditation with Steph	<b>15</b> <b>9am</b> Yoga Vinyasa Flow En Espanol with Maria (GS) <b>5:00pm</b> Spirit Training Breathwork & Qigong with Danny <b>6:30pm</b> Kirya Flow & Sound Healing with Steph	<b>16</b> <b>6:30am</b> Rise to Strength Flow Yoga with Taimy <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Yin Yoga with Taimy (SH)	<b>17</b> <b>10am</b> Sound-healing, Meditation & Breathwork with Vers3 <b>11:30am</b> Slow Flow Healing Yoga with Mica (SH) <b>12:30pm</b> Acro Yoga <b>1pm</b> Kundalini Fit & Mindfulness en Español with Mauricio	<b>18</b> <b>10am</b> Stretch & Flow Yoga with Taimy <b>10:30am</b> Kundalini Yoga para Intucion en Español <b>11:15am</b> Yoga Vinyasa Flow En Espanol with Maria (SH) <b>6pm</b> Sunset Yoga with Mica (SH) <b>7pm</b> Sturgeon Blue Full Moon Drum, Fire & Tea Ceremony with Vers3
<b>19</b> <b>10am</b> Hatha Yoga with Mica (GS) <b>5pm</b> Spirit Training (Breathwork & Qigong) with Danny <b>6:30pm</b> Hatha Yoga with Stephanie (SH)	<b>20</b> <b>10am</b> Hatha Yoga with Taimy (GS) <b>5pm</b> Intro to Ashtanga Yoga <b>6pm</b> Power Yoga with Epiphanie <b>6:30pm</b> Sound healing, Meditation & Breathwork with Vers3	<b>21</b> <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Kripalu Yoga & Sound with Stephanie <b>8:00pm</b> Spirit Training Breathwork & Qigong with Danny	<b>22</b> <b>9am</b> Yoga Vinyasa Flow En Espanol with Maria (GS) <b>5:00pm</b> Spirit Training Breathwork & Qigong with Danny <b>6:30pm</b> Kirya Flow & Sound Healing with Steph	<b>23</b> <b>6:30am</b> Rise to Strength Flow Yoga with Taimy <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Yin Yoga with Taimy (SH)	<b>24</b> <b>10am</b> Sound-healing, Meditation & Breathwork with Vers3 <b>11:30am</b> Slow Flow Healing Yoga with Mica (SH) <b>12:30pm</b> Acro Yoga	<b>25</b> <b>10am</b> Stretch & Flow Yoga with Taimy <b>11:15am</b> Yoga Vinyasa Flow En Espanol with Maria(SH) <b>1pm</b> Breathwork, Movement and SoundBath with Vers3 <b>3pm</b> Visionboard Workshop for Adults w/ Epiphanie <b>6pm</b> Sunset Yoga with Mica (SH)
<b>26</b> <b>10am</b> Hatha Yoga with Mica (GS) <b>5pm</b> Spirit Training (Breathwork & Qigong) with Danny <b>6:30pm</b> Hatha Yoga with Stephanie (SH)	<b>27</b> <b>10am</b> Hatha Yoga with Taimy (GS) <b>5pm</b> Intro to Ashtanga Yoga <b>6pm</b> Power Yoga with Epiphanie <b>6:30pm</b> Sound healing, Meditation & Breathwork with Vers3	<b>28</b> <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Kripalu Yoga & Sound with Stephanie <b>8pm</b> FireGazing Meditation with Steph	<b>29</b> <b>9am</b> Yoga Vinyasa Flow En Espanol with Maria (GS) <b>5:00pm</b> Spirit Training Breathwork & Qigong with Danny <b>6:30pm</b> Kirya Flow & Sound Healing with Steph	<b>30</b> <b>6:30am</b> Rise to Strength Flow Yoga with Taimy <b>10am</b> Intro to Ashtanga Yoga <b>6:30pm</b> Yin Yoga with Taimy (SH)	<b>31</b> <b>10am</b> Sound-healing, Meditation & Breathwork with Vers3 <b>11:30am</b> Slow Flow Healing Yoga with Mica (SH) <b>12:30pm</b> Acro Yoga	