



MARCH 2018

Celebrating 5 years Under Current Ownership!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**DROP-IN CLASSES
(DAILY, WEEKLY OR MONTHLY)
DO NOT REQUIRE PRE-REGISTRATION.

(SPECIAL SESSIONS, EVENTS & WORKSHOPS)
*PRE-REGISTRATION REQUIRED.***

**75-90 min class
**2 hour class
***2 1/2 hour class*

<p>4. SUNDAY (2:00 pm Essential Oils 101*-Vickie) 4:00 pm All Levels Yoga-Liz</p>	<p>5 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole (6:45 pm Journey through the Chakras Series*-Nicole)</p>	<p>6 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga <i>w/candlelight*</i>-Nicole</p>	<p>7 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm The Natural Breath YTT***</p>	<p>8 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie</p>	<p>9 9:30 am Yoga I/II-Vickie 5:30 pm Relax & Renew w/Candlelight*-Nicole</p>	<p>10 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga *-Nicole Noon-Just Breathe & Read Book Club</p>
<p>11 4:00 pm All Levels Yoga-Liz</p>	<p>12 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole (6:45 pm Journey through the Chakras Series*-Nicole)</p>	<p>13 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga <i>w/candlelight*</i>-Nicole</p>	<p>14 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm The Natural Breath YTT***</p>	<p>15 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie</p>	<p>16 9:30 am Yoga I/II-Vickie</p>	<p>17 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga *-Nicole 12:30-5pm The Natural Breath YTT</p>
<p>18 4:00 pm All Levels Yoga-Liz</p>	<p>19 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole (6:45 pm Journey through the Chakras Series*-Nicole)</p>	<p>20 9:30 am Beginner's Yoga-Mary 10:45am Yin Yoga *-Nicole 5:30 pm Blissful Restorative for Spring-Nicole**</p>	<p>21 9:30 am Slow Flow Yoga*-Mary NO EVENING CLASSES **YTT Final Exam night**</p>	<p>22 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie</p>	<p>23 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>24 9:30 am All Levels Yoga -Liz (Noon-Stretch, Paint & Meditate Event***)</p>
<p>25 4:00 pm All Levels Yoga-Liz</p>	<p>26 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole (6:45 pm Journey through the Chakras Series*-Nicole)</p>	<p>27 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga <i>w/candlelight*</i>-Nicole</p>	<p>28 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole (5:30 pm Aromatherapy Yoga*- Vickie)</p>	<p>29 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie</p>	<p>30 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>31 9:30 am All Levels Yoga -Liz 10:45 am Yin Nidra for the Blue Moon*-Nicole 12:30pm YTT Graduation Day!</p>

Welcome Spring Savings



10% off Drop-In Class Packages**.

****Excludes Auto-Pay Packages. Offer Ends April 30th, 2018**



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