



SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 	3 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine	4 9:30am Svaroopaa®- Deb (sub) 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon	5 Noon - Contemplative Pause - Nadine 4pm Svaroopaa®- Deb (sub) 5:45pm Stretch & Flow - Maddie	6 9:30am Qigong - Lisa 10:30am-ContemplativePause- Nadine	7 9am Yoga in the Park - Maddie 9:30am Svaroopaa®- Sarita
8 9:30am Vinyasa - Brenda 11am Svaroopaa®- Sarita 6pm Sister Circle - Jex	9 9am Beg Svaroopaa® Yoga-Sarita 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	10 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine	11 9:30am Svaroopaa®- Sarita 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon	12 Noon - Contemplative Pause - Nadine 4pm Svaroopaa®- Sarita 5:45pm Stretch & Flow - Maddie 7pm Women's Circle - Jex	13 9:30am Qigong - Lisa 10:30am-ContemplativePause- Nadine 6-7:30pm Sound Bath Michael & Sarita	14 9am Yoga in the Park - Lisa 9:30am Svaroopaa®- Sarita
15 9:30am Vinyasa - Brenda 11am Svaroopaa®- Sarita	16 9am Beg Svaroopaa® Yoga-Sarita 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	17 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine	18 9:30am Svaroopaa®- Sarita 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon	19 Noon - Contemplative Pause - Nadine 4pm Svaroopaa®- Sarita 5:45pm Stretch & Flow - Maddie 7pm Full Moon Circle - Jex	20 9:30am Qigong - Lisa 10:30am-ContemplativePause- Nadine	21 9am Yoga in the Park - Maddie 9:30am Svaroopaa®- Deb (sub)
22 9:30am Vinyasa - Brenda 3-5pm Transformational Breathwork/Lisa	23 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie	24 9:30am Pound - Sharon 10:30am Mindful Flow - Lisa 4pm - Contemplative Pause - Nadine	25 9:30am Svaroopaa®- Deb (sub) 5:30pm Mindful Flow - Lisa 7pm Pound - Sharon	26 Noon - Contemplative Pause - Nadine 4pm Svaroopaa®- Deb (sub) 5:45pm Stretch & Flow - Maddie	27 9:30am Qigong - Lisa 10:30am-ContemplativePause- Nadine	28 9am Yoga in the Park - Lisa 11am Manifestation Workshop- Danielle
29 9:30am Vinyasa - Brenda	30 5:30pm Deep Release - Lisa 6:45pm Slow Flow - Maddie					

REGISTER FOR CLASSES DIRECTLY ON THE TEACHER'S WEBSITE

Sarita: saritalindarocco.com
 Maddie: maddiehertzog.com
 Lisa: healingpowerofbreath.com
 Nadine: nadinejsmet-weiss.com

Sharon: followsharon.com
 Jex: Call or text 610.914.6311
 Brenda: Call or text 484-529-1201

