



# JANUARY 2026

## “FOCUS”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>CLOSED</b>	<b>2</b> <b>10AM AGNI FUSION</b> 5:30PM YIN	<b>3</b> 10AM Namaste Yoga
<b>4</b> 10AM YIN <b>1PM</b> <b>REGENERATION</b> Misty's Birthday!	<b>5</b> 5:30PM PROP It Like It's HOT <b>7PM MEDITATION</b>	<b>6</b> 10AM HATHA <b>5:30PM HOT YOGA</b> 7PM RUNWAY YOGA	<b>7</b> 10AM YIN-HATHA 5:30PM Beginner Yoga <b>7PM Neuro Yoga</b>	<b>8</b> 10AM HATHA <b>11:30AM MEDITATION</b> <b>5:30PM Heated Root2Rise</b> <b>7PM Pt.1 Inner Reflection</b>	<b>9</b> <b>10AM AGNI FUSION</b> 5:30PM YIN <b>7PM Return to the Temples Meditation</b>	<b>10</b> 10AM Namaste Yoga <b>1-5PM</b> <b>MYSTIC FAIR</b>
<b>11</b> 10AM YIN 11:30AM TEAM MTG.	<b>12</b> 5:30PM PROP It Like It's HOT <b>7PM MEDITATION</b>	<b>13</b> 10AM HATHA <b>5:30PM HOT YOGA</b> 7PM BHAKTI YOGA	<b>14</b> 10AM YIN-HATHA 5:30PM Beginner Yoga <b>7PM Mental Health Yoga</b>	<b>15</b> 10AM HATHA <b>11:30AM MEDITATION</b> <b>5:30PM Heated Root2Rise</b> 7PM RESTORATIVE	<b>16</b> <b>10AM AGNI FUSION</b> 5:30PM Echoes of the Soul	<b>17</b> 10AM Namaste Yoga
<b>18</b> 10AM YIN	<b>19</b> 5:30PM Aquarius Sun Ceremony <b>7PM MEDITATION</b>	<b>20</b> 10AM HATHA <b>5:30PM HOT YOGA</b> 7PM STILLNESS & SOUND	<b>21</b> 10AM YIN-HATHA 5:30PM Beginner Yoga <b>7PM Meditation for Beginners</b>	<b>22</b> 10AM HATHA <b>11:30AM MEDITATION</b> <b>5:30PM Heated Root2Rise</b> 7PM Pt.2 Outer Connection	<b>23</b> <b>10AM AGNI FUSION</b> 5:30PM YIN	<b>24</b> 10AM Namaste Yoga
<b>25</b> 10AM YIN	<b>26</b> 5:30PM PROP It Like It's HOT <b>7PM MEDITATION</b>	<b>27</b> 10AM HATHA <b>5:30PM HOT YOGA</b> 7PM JUST BREATHE	<b>28</b> 10AM YIN-HATHA 5:30PM Beginner Yoga <b>7PM HEATED RESTORE</b> Erin's Birthday!	<b>29</b> 10AM HATHA <b>11:30AM Meditation</b> <b>5:30PM Heated Root2Rise</b> 7PM RESTORATIVE	<b>30</b> <b>10AM AGNI FUSION</b> 5:30PM YIN	<b>31</b> 10AM Namaste Yoga

130 S. Main St. Elkhart, IN 46516

[www.theawakeningrealm.com](http://www.theawakeningrealm.com)

574-226-6435

**ASTROLOGY READINGS ARE 50% OFF ALL MONTH LONG (ONLY \$33!)**