



THE YOGA MYSTIC

JULY 2026

“PASSION”

www.theawakeningrealm.com

(574)226-6435

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10AM YIN-HATHA 5:30PM YIN-YASA 7PM YOGA NIDRA	2 5:30PM STARKEEPER YOGA 7PM Pelvic Floor Yoga	3 10AM FLOW STATE 5:30PM STORYTIME YIN 9PM YOGA UNDER THE STARS	4 8:30AM SATTVA 10AM NAMASTE 7PM YOGA & FIREWORKS
5 10AM YIN	6 5:30PM YOGA @McNAUGHTEN PARK 5:30PM HATHA 7PM RESTORATIVE	7 9AM HATHA 5:30PM EARTHKEEPER YOGA 7PM 7/7PortalMeditation ~FLASH SALE~	8 10AM YIN-HATHA 5:30PM YIN-YASA 7PM YOGA NIDRA	9 5:30PM STARKEEPER YOGA 7PM SACRED ENERGY	10 10AM FLOW STATE 5:30PM STORYTIME YIN 9PM ART-ALLEY YOGA	11 8:30AM SATTVA 10AM NAMASTE
12 10AM YOGA & HIKING @OXBOW	13 5:30PM YOGA @McNAUGHTEN PARK 5:30PM HATHA 7PM RESTORATIVE	14 9AM HATHA 5:30PM EARTHKEEPER YOGA 7PM RESTORATIVE	15 10AM YIN-HATHA 5:30PM YIN-YASA 7PM YOGA NIDRA	16 5:30PM STARKEEPER YOGA 7PM SACRED ENERGY	17 10AM FLOW STATE 5:30PM STORYTIME YIN	18 8:30AM SATTVA 10AM NAMASTE
19 10AM YOGA @ STONELAKE	20 5:30PM YOGA @McNAUGHTEN PARK 5:30PM HATHA 7PM RESTORATIVE	21 9AM HATHA 5:30PM Sun enters Leo Ceremony	22 10AM YIN-HATHA 5:30PM YIN-YASA 7PM YOGA NIDRA	23 5:30PM STARKEEPER YOGA 7PM SACRED ENERGY	24 10AM FLOW STATE 5:30PM STORYTIME YIN	25 8:30AM SATTVA 10AM NAMASTE 9PM Y-U-T-Stars
26 10AM YIN	27 5:30PM YOGA @McNAUGHTEN PARK 5:30PM HATHA 7PM RESTORATIVE	28 9AM HATHA 5:30PM EARTHKEEPER YOGA 7PM RESTORATIVE	29 10AM YIN-HATHA 5:30PM YIN-YASA 7PM YOGA NIDRA	30 5:30PM STARKEEPER YOGA 7PM SACRED ENERGY	31 10AM FLOW STATE 5:30PM STORYTIME YIN 7PM SACRED SEXUALITY	

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