



THE YOGA MYSTIC



APRIL 2026

“Authenticity”

www.theawakeningrealm.com (574)226-6435

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Laughter Yoga	2 10AM HATHA 5:30PM BALANCE & BLISS 7PM RESTORATIVE	3 10AM FLOW STATE 5:30PM GOING YINWARD	4 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
5 <i>NEW</i> STUDIO DAY!!! 10AM YIN Ally & Casey's B-day!	6 5:30PM GROUNDED YOGA 7PM The Authentic Self Meditation	7 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	8 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM GUIDED MEDITATION	9 10AM HATHA 5:30PM BALANCE & BLISS 7PM RESTORATIVE	10 10AM FLOW STATE 5:30PM YIN	11 8:30AM SATTVA YOGA 10AM NAMASTE YOGA Danielle's Bday!
12 10AM YIN 11:30AM TEAM MTG.	13 5:30PM GROUNDED YOGA 7PM MEDITATION	14 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	15 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM GUIDED MEDITATION	16 10AM HATHA 5:30PM BALANCE & BLISS 7PM RESTORATIVE	17 10AM FLOW STATE 5:30PM YIN 7PM PARTNER YOGA	18 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
19 10AM YIN 11:30AM BOOK CLUB	20 5:30PM Grounded Yoga 7PM Sun enters Taurus Ceremony	21 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	22 10AM YIN-HATHA 5:30PM EARTH DAY YOGA 7PM GUIDED MEDITATION	23 10AM HATHA 5:30PM BALANCE & BLISS 7PM RESTORATIVE	24 10AM FLOW STATE 5:30PM YIN	25 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
26 6AM-6PM Vipassana	27 5:30PM GROUNDED YOGA 7PM MEDITATION	28 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	29 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM GUIDED MEDITATION	30 10AM HATHA 5:30PM BALANCE & BLISS 7PM RESTORATIVE		

REIKI SESSIONS ON SALE THIS MONTH ~ ONLY \$50