



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Limited Mobility/Beginners Beginner-Friendly Intermediate	1 6AM Suryodaya Yoga 6PM KIDS YOGA 6PM Ashtanga	2 6AM Suryodaya Yoga 5:30PM HOT YOGA	3 6AM Suryodaya Yoga 6PM Restorative 6PM Western Astrology	4 5:30PM Cosmic Shaman Course 6PM HOT Flow 7PM Reiki & Sound	5 6PM Tantra for Couples	6 9AM Shamanic Meditation 10AM Namaste Yoga
7 9:30AM YIN Yoga	8 6AM Suryodaya Yoga 6PM KIDS YOGA 6PM Solar Eclipse New Moon Kundalini Yoga	9 6AM Suryodaya Yoga 5:30PM HOT YOGA	10 6AM Suryodaya Yoga 6PM Restorative 6PM Western Astrology 6:30PM Your Body Is Electric	11 5:30PM Cosmic Shaman Course 6PM HOT Flow 7PM Reiki & Sound	12 6PM Tantra for Couples	13 9AM Shamanic Meditation 10AM Namaste Yoga
14 9:30AM YIN Yoga 11AM Team Mtg. 1PM DRUM Circle	15 6AM Suryodaya Yoga 6PM KIDS YOGA 6PM Ashtanga	16 6AM Suryodaya Yoga 5:30PM HOT YOGA	17 6AM Suryodaya Yoga 6PM Restorative 6PM Western Astrology	18 6PM HOT Flow 7PM Reiki & Sound	19 6PM Tantra for Couples	20 9AM Shamanic Meditation 10AM Namaste 6PM Jupiter/Uranus Conjunction
21 9:30AM YIN Yoga	22 6AM Suryodaya Yoga 6PM KIDS YOGA 6PM EARTH DAY YOGA 7PM Full Moon in Libra Ceremony	23 6AM Suryodaya Yoga 5:30PM HOT YOGA	24 6AM Suryodaya Yoga 6PM Restorative 6PM Western Astrology	25 6PM HOT Flow 7PM Reiki & Sound	26 6PM Tantra for Couples	27 9AM Shamanic Meditation 10AM Namaste Yoga
28 9:30AM YIN Yoga	29 6AM Suryodaya Yoga 6PM KIDS YOGA 6PM Ashtanga	30 6AM Suryodaya Yoga 5:30PM HOT YOGA 6:30PM Shakti Sisterhood				