



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day! 9AM CORE FUSION	2 6AMSuryodayaYoga 5:30PM HOT YOGA	3 6AMSuryodayaYoga 10AM KIDS YOGA 10AM Sattvic Hatha 5:30PM Power Yoga 6:30PM Sound Healing	4 6PM HOT Flow 7PM Meditation with Sadhguru Thomas	5 6PM Friday Freestyle Flow	6 8:30AM Drumming Journey 10AM Namaste Yoga 11AM YOGA Tutorial
7 9:30AM YIN Yoga	8 6AMSuryodayaYoga 9AM CORE FUSION 12PM Meditation 5:30PM Vinyasa 7PM Restorative	9 6AMSuryodayaYoga 5:30PM HOT YOGA 7PM Spiritual Awakening Journey	10 6AMSuryodayaYoga 5:30PM Power Yoga 6PM Tarot Workshop 6:30PM Sound Healing	11 5:30PM Cosmic Shaman Course 6PM HOT Flow 7:30PM Cap New Moon Ceremony	12 5-9PM Mystic Fair	13 8:30AM Drumming Journey 9AM-5PM Quantum Shift Retreat 10AM Namaste Yoga 11AM YOGA Tutorial
14 9AM-5PM Quantum Shift Retreat 9:30AM YIN Yoga	15 6AMSuryodayaYoga 9AM CORE FUSION 12PM Meditation 5:30PM Vinyasa 7PM Restorative	16 6AMSuryodayaYoga 5:30PM HOT YOGA 7PM Unlocking the Mysteries of OM	17 6AMSuryodayaYoga 5:30PM Power Yoga 6PM Tarot Workshop 6:30PM Sound Healing	18 5:30PM Cosmic Shaman Course 6PM HOT Flow 7PM Meditation with Sadhguru Thomas	19 6PM Partner Yoga	20 8:30AM Drumming Journey 10AM Namaste Yoga 11AM YOGA Tutorial 6PM Aquarian Age Alchemical Cacao Ceremony
21 9:30AM YIN Yoga 11AM Team Mtg.	22 6AMSuryodayaYoga 9AM CORE FUSION 12PM Meditation 5:30PM Vinyasa 6PM MAN CAVE 7PM Restorative	23 6AMSuryodayaYoga 5:30PM HOT YOGA 6:30PM Shakti Sisterhood	24 6AMSuryodayaYoga 5:30PM Power Yoga 6PM Tarot Workshop 6:30PM Sound Healing	25 5:30PM Cosmic Shaman Course 6PM HOT Flow 7:30PM LEO Full Moon Ceremony	26 6PM StarSeed Deep Dive	27 8:30AM Drumming Journey 10AM Namaste Yoga 11AM YOGA Tutorial 1-4 Rollerskating
28 9:30AM YIN Yoga 11-1 Crystal Grids	29 6AMSuryodayaYoga 9AM CORE FUSION 12PM Meditation 5:30PM Vinyasa 7PM Restorative	30 6AMSuryodayaYoga 5:30PM HOT YOGA 7PM Guided Meditative Journey	31 6AMSuryodayaYoga 5:30PM Power Yoga 6PM Tarot Workshop 6:30PM Sound Healing			Limited Mobility Beginners Beginner-Friendly Intermediate Advanced