



THE YOGA MYSTIC

MAY 2026 "Community"

www.theawakeningrealm.com (574)226-6435

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10AM FLOW STATE 5:30PM FREE YOGA	2 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
3 10AM YIN 11:30AM Book Club	4 5:30PM GROUNDED YOGA 7PM MEDITATION	5 10AM HATHA 5:30PM HOT YOGA 7PM 5/5 Portal Meditation	6 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Buddha Purnima Ceremony	7 CLOSED	8 10AM FLOW STATE 5:30PM YOGA & TACOS	9 8:30AM SATTVA YOGA 10AM NAMASTE YOGA Kelsey's Birthday!
10 10AM YIN Mothers Day!	11 5:30PM GROUNDED YOGA 7PM DRUM CIRCLE	12 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	13 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM GUIDED MEDITATION	14 CLOSED	15 10AM FLOW STATE 5:30PM YOGA & COMMUNITY POTLUCK	16 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
17 10AM YOGA & BREAKFAST	18 5:30PM GROUNDED YOGA 7PM MEDITATION	19 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	20 10AM YIN-HATHA 5:30PM Sun enters Gemini Ceremony 7PM Guided Meditation	21 CLOSED	22 10AM FLOW STATE 5:30PM BRING-A- FRIEND YOGA	23 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
24 10AM YIN 11:30AM Book Club	25 5:30PM GROUNDED YOGA 7PM MEDITATION	26 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	27 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM GUIDED MEDITATION	28 CLOSED	29 10AM FLOW STATE 5:30PM ECHOES OF THE SOUL	30 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
31 8AM WALK 4 PEACE 10AM YIN						MAY SALE: Cosmic Shaman Course ONLY \$699