

December 2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 HATHA YIN 7-8PM	2	3 HATHA FLOW 7-8PM	4	5	6
7	8 HATHA YIN 7-8PM	9	10 HATHA FLOW 7-8PM	11	12	13 REIKI MASTERY TRAINING 1030-1230
14	15 HATHA YIN 7-8PM	16	17 HATHA FLOW 7-8PM	18	19	20
21	22 HATHA YIN 7-8PM	23	24 NO CLASS	25	26	27
28	29 NO CLASS	30	31 NO CLASS	1	2	3

Happiness
is a habit

January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		30	31	1	2	3
4	5 HATHA YIN 7-8PM	6	7 HATHA FLOW 7-8PM	8	9 HATHA YOGA TEACHER TRAINING	10 REIKI MASTERY TRAINING 1030-1230 YTT 130- 7PM
11	12 HATHA YIN 7-8PM	13	14 HATHA FLOW 7- 8PM	15	16 YTT 7- 9PM	17 YTT 10AM 4PM
18	19 HATHA YIN 7-8PM	20	21 HATHA FLOW 7- 8PM	22	23 YTT 7- 9PM	24 YTT 10AM 4PM
25	26 HATHA YIN 7-8PM	27	28 HATHA FLOW 7-8PM	29	30 YTT 7- 9PM	31 YTT 10AM 4PM

Do your own
thing

February 2026

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	1
2 HATHA YIN 7-8PM	3	4 HATHA FLOW 7-8PM	5	6 YTT 7- 9PM	7 YTT 10AM 4PM	8
9 HATHA YIN 7-8PM	10	11 HATHA FLOW 7-8PM	12	13 YTT 7- 9PM	14 REIKI MASTERY TRAINING 1030-1230 YTT 130-7PM	15
16 HATHA YIN 7-8PM	17	18 HATHA FLOW 7-8PM	19	20 YTT 7- 9PM	21 YTT 10AM 4PM	22
23 NO YOGA	24	25 HATHA FLOW 7-8PM	26	27 YTT 7- 9PM	28 YTT 10AM 4PM	1 SPRING SESSION

Do more of what
you love