

YOGA OUTDOORS • AUGUST • IN BLOOM NURSERY

BRING YOUR OWN MAT • \$10 PER CLASS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 11 am Forrest Yoga - Lisa	3 9 am Yin Flow - Melissa 11 am Iyengar Yoga - Lauren 6 pm Prana Danda - Steve	4 9 am Gentle Yoga - Carolyn 4:30 pm Flow Yoga - Lori	5 9 am Flow Yoga - Mo	6 4:30 pm Forrest Yoga - Lisa	7 9 am Flow Yoga - Melissa	8 9 am Flow Yoga - Mo 11 am Tai Chi - Lanny
9 11 am Forrest Yoga - Lisa	10 9 am Yin Flow - Pam 11 am Iyengar Yoga - Lauren 6 pm Prana Danda - Steve	11 9 am Gentle Yoga - Carolyn 4:30 pm Flow Yoga - Lori	12 9 am Flow Yoga - Mo	13 4:30 pm Forrest Yoga - Lisa	14 9 am Flow Yoga - Melissa	15 9 am Flow Yoga - Kimberly 11 am Tai Chi - Lanny
16 11 am Forrest Yoga - Lisa	17 9 am Yin Flow - Pam 11 am Iyengar Yoga - Lauren	18 9 am Gentle Yoga - Carolyn 4:30 pm Flow Yoga - Lori	19 9 am Flow Yoga - Mo	20 4:30 pm Forrest Yoga - Lisa	21 9 am Flow Yoga - Melissa	22 9 am Flow Yoga - Mo 11 am Tai Chi - Lanny
23 11 am Forrest Yoga - Lisa	24 9 am Yin Yoga - Pam 11 am Iyengar Yoga - Lauren	25 9 am Gentle Yoga - Carolyn 4:30 pm Flow Yoga - Lori	26 9 am Flow Yoga - Mo	27 4:30 pm Forrest Yoga - Lisa	28 9 am Flow Yoga - Melissa	29 9 am Forrest Yoga - Lisa 11 am Tai Chi - Lanny
30 11 am Forrest Yoga - Lisa	31 9 am Yin Flow - Pam 11 am Iyengar Yoga - Lauren	1	2	3	4	5

Contact individual teachers re: weather or other class interruptions

Lisa - lisa.gallinger@gmail.com

Pam - starfireap@yahoo.com

Lauren - info@openspacesyoga.com

Lanny - schroederlanny@gmail.com

Carolyn - ct11372@icloud.com

Mo - molord.0302@gmail.com

Melissa - melissagrav99@yahoo.com

Steve - sdwburn@hotmail.com

Kimberly - kwashburn905@gmail.com

Lori - mlma7002@cablone.net



Sponsored by: Yoga Caliente - The Gym, Open Spaces Yoga Center & In Bloom Nursery