

YOGA OUTDOORS • JULY • IN BLOOM NURSERY

BRING YOUR OWN MAT • \$10 PER CLASS

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

Contact individual Teachers with questions or re: weather interruptions

Lisa - lisa.gallinger@gmail.com

Pam - starfireap@yahoo.com

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