

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						10:30-11:30 Flow to Rest with SARA
						12:00-5:00pm AYTT Module 1 Yoga Teachers Guide to and Through the Body
2	3	4	5	6	7	8
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with SARA	10:30-11:30pm Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Shine Wholeness with CONNIE	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with ERIN for Amanda	10:30-11:30am Flow to Rest with SARA
	5:15-6:15pm Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE		
			7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
9	10	11	12	13	14	15
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with SARA	10:30-11:30 Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30 pm Shine Wholeness with ERIN for Connie	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
	5:15-6:15 Shine Classic with NICOLE for Amanda	6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE		
			7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
16	17	18	19	20	21	22
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with Sara	10:30-11:30am Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
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			7:00-8:00pm Reiki Restorative with BARB			
23	24	25	26	27	28	29
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with Sara	10:30-11:30am Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Shine Wholeness with NICOLE for Connie	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
	5:15-6:15pm Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	Yoga for a Healing Heart the Jack G Rogers Foundation	
			7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
30						
10:30-11:30am Sara's Restorative with SARA						
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM						