

FEBRUARY SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|---|---|
| LEGEND | | | | | | |
| * = Candlelight Rotating Class | | | | | | |
| 14th - MASSAGE FOR COUPLES * 26th - FLOWING with the ELEMENTS: AIR * 28th - 7 LAWS OF SUCCESS | | | | | | |
| Children's Yoga Classes - Taught by Heather Simonson | | | | | | |
| 200-hr Yoga Teacher Training (YTT) | | | | | | |
| GRADUATES = Taught by GRADUATES of the Always-At-Aum Yoga School 200-hr Teacher Training | | | | | | |
| 1 9:30am - Vinyasa Edna 6:30pm - Vinyasa Robin | 2 9:30am - Vinyasa Joy 6:30pm - Restorative Leah 8pm - Vinyasa Heather | 3 8pm - Vinyasa Robin | 4 7:30am - Vinyasa Teresa 3-3:45 Tots/Caregivers 4:15-5:30 Ages 4-7 8pm - GRADUATES | 5 6pm-8:45pm YTT 9pm - Robin* VINYASA | 6 10am - Vinyasa Robin 11am-6pm YTT | 7 10am - Vinyasa Teresa 11am-6pm YTT |
| 8 9:30am - Vinyasa Edna 6:30pm - Vinyasa Robin | 9 9:30am - Vinyasa Joy 6:30pm - Restorative Leah 8pm - Vinyasa Heather | 10 8pm - Vinyasa Robin | 11 7:30am - Vinyasa Teresa 3-3:45 Tots/Caregivers 4:15-5:30 Ages 4-7 8pm - GRADUATES | 12 9pm - Robin* CONTACT YOGA | 13 10am - Vinyasa Robin | 14 10am - Vinyasa Teresa 12-3pm MASSAGE Teresa Millar |
| 15 9:30am - Vinyasa Edna 6:30pm - Vinyasa Robin | 16 9:30am - Vinyasa Joy 6:30pm - Restorative Leah 8pm - Vinyasa Heather | 17 8pm - Vinyasa Robin | 18 7:30am - Vinyasa Teresa 3-3:45 Tots/Caregivers 4:15-5:30 Ages 4-7 8pm - GRADUATES | 19 6pm-8:45pm YTT 9pm - Heather* TASTE of TANTRA | 20 10am - Vinyasa Teresa 11am-6pm YTT | 21 10am - Vinyasa Teresa 11am-6pm YTT |
| 22 9:30am - Vinyasa Edna 6:30pm - Vinyasa Robin | 23 9:30am - Vinyasa Joy 6:30pm - Restorative Leah 8pm - Vinyasa Heather | 24 8pm - Vinyasa Robin | 25 7:30am - Vinyasa Teresa 3-3:45 Tots/Caregivers 4:15-5:30 Ages 4-7 8pm - GRADUATES | 26 6:30pm - 8:30pm Element: AIR Julie Weiss 9pm - Teresa* HIP OPENERS | 27 10am - Vinyasa Robin | 28 10am - Vinyasa Teresa 2pm - 4pm Laws of Success Pam Rich |

All drop-in yoga classes are a suggested minimum DONATION of \$10

Pre-registration REQUIRED for children's yoga classes - Tuition is \$100 for 10 classes