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 JACKIE for Sara	10:30-11:30pm Shine Strength and Stability with COURTNEY	10:30-11:30am Shine Classic with AMANDA		6:30-7:15am Day Break with JACKIE for Sara					
One on one's and Yoga	10:30-11:30am Somatic	4:30-5:30pm Shine	5:15-6:15pm Somatic Yoga	10:30-11:30am Somatic Yoga	10:30-11:30am Shine	10:30-11:30am Flow to Rest				
Prescription's available with Sara by Appointment Only From 12-6PM	Yoga with ERIN	Wholeness with CONNIE	with ERIN	with ERIN	Classic with ERIN for Amanda	with SARA				
	5:15-6:15pm Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with	7:00-8:00pm Reiki Restorative with BARB	4:30-5:30pm Shine Vinyasa with NICOLE	One on one's and Yoga Prescription's available with	One on one's and Yoga Prescription's available with				
		AMANDA		MATHOOLE	Sara by Appointment Only	Sara by Appointment Only From				
9	10	11	12	13	14	15				
10:30-11:30am Sara's Restorative with SARA	7:30-8:15am Day Break with SARA	10:30-11:30 Shine Strength and Stability	7:30-8:15am Day Break with SARA		<u>6:30-7:15am Day Break with</u> SARA					
		with SARA for Courtney	0/1/1/							
One on one's and Yoga Prescription's available	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30 pm Shine Wholeness with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	<u>10:30-11:30am Shine</u> Classic with AMANDA	10:30-11:30am Flow to Rest with SARA				
with Sara by Appointment Only From 12-6PM	<u></u>	for Connie				<u></u>				
	5:15-6:15 Shine Classic with NICOLE for	6:15-7:15pm Shine Gentle and MFR with	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	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				
	Amanda	SARA for Amanda	<u>wiui Erin</u>	<u>wiiit Nicole</u>		Sara by Appointment Only From				
			7:00-8:00pm Reiki Restorative with BARB	<u>6/13/24 6-7pm Breast Cancer</u> Class for Survivors and		<u>12-6PM</u>				
			Residiative with DARD	Thrivers with Sara						
Fathers Day 16	17	18	19	20	21	22				
10:30-11:30am Sara's Restorative with SARA	7:30-8:15am Shine Vinyasa with Sara	10:30-11:30am Shine Strength and Stability	7:30-8:15am Bones and Joints with SARA		6:30-7:15am Day Break with SARA					
		with COURTNEY								
One on one's and Yoga Prescription's available	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Shine Wholeness with	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	<u>10:30-11:30am Shine</u> Classic with AMANDA	10:30-11:30am Flow to Rest with SARA				
with Sara by Appointment Only From 12-6PM		CONNIE								
	5:15-6:15 Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with	5:15-6:15pm Shine Vinyasa with NICOLE		One on one's and Yoga Prescription's available with	One on one's and Yoga Prescription's available with				
	Marran	AMANDA	Marthooll		Sara by Appointment Only From 12-6PM	Sara by Appointment Only From 12-6PM				
			7:00-8:00pm Reiki							
			Restorative with BARB							

23	24	25	26	27	28	29
10:30-11:30am Sara's Restorative with SARA	<u>7:30-8:15am Shine</u> <u>Vinyasa with Sara</u>	10:30-11:30am Shine Strength and Stability with COURTNEY	7:30-8:15am Bones and Joints with SARA		<u>6:30-7:15am Day Break with</u> <u>SARA</u>	
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 Shine Vinyasa with NICOLE		Yoga for a Healing Heart the Jack G Rogers Foundation	
			7:00-8:00pm Reiki Restorative with BARB	6/27/24 6-7pm Breast Cancer Class for Survivors and Thrivers with Sara	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 <u>12-6PM</u>
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						