

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 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 | 5:15-6:15pm Somatic Yoga with ERIN | 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 | 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 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 | 7:30-8:15am Day Break with SARA | 10:30-11:30 Shine Strength and Stability with SARA for Courtney | 7:30-8:15am 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 SARA for Amanda | 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 Sara by Appointment Only From 12-6PM |
| | | | 7:00-8:00pm Reiki Restorative with BARB | 6/13/24 6-7pm Breast Cancer Class for Survivors and 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 with COURTNEY | 7:30-8:15am Bones and Joints 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 AMANDA | 10:30-11:30am Flow to Rest with SARA |
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| | | | 7:00-8:00pm Reiki Restorative with BARB | | | |

| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| | 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 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 | | | | | | |
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