

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 6:30-7:30 pm Yoga Radiance- 8 wks (Amanda)	3 10am-6pm Spa Appts Available	4 10am-6pm Spa Appts Available	5 7:30-8:00 am Meditation Morning (Vona)  5:30-6:30 pm RADIANT YOU PARTY	6 10am-6pm Spa Appts Available	7 8:00-9:15 am Essential Yoga (Cindy)  10am-4pm Spa Appts Available
8	9 6:30-7:30 pm Yoga Radiance- 8 wks (Amanda)	10 7:30-8:00 am Meditation Morning (Vona)  10am-6pm Spa Appts Available  6:15-7:15pm Atma Yoga (Vona)	11 10am-6pm Spa Appts Available  6:15-7:30 pm Himalayan Experience- 3wks (Vona)	12 7:30-8:00am Meditation Morning (Vona)  10am-5pm Spa Appts Available  6:00-7:00 pm Elements of Yoga-3wks (Amanda)	13  10am-6pm Spa Appts Available  6:30-8:00 pm "A Piece of Work" Art Day (Caroline)	14  8:00-9:15 am Essential Yoga (Cindy)  10am-4pm Spa Appts Available
15	16 Martin Luther King Jr. Day  6:30-7:30 pm Yoga Radiance- 8 wks (Amanda)	17 7:30-8:00 am Meditation Morning (Vona)  10am-6pm Spa Appts Available  6:15-7:15pm Atma Yoga (Vona)	18  10am-6pm Spa Appts Available  6:15-7:15pm Himalayan Experience - 3 wks (Vona)	19 7:30-8:00am Meditation Morning (Vona)  10am-6pm Spa Appts Available  6:00-7:00 pm Elements of Yoga-3wks (Amanda)	20 10am-6pm Spa Appts Available	21  8:00-9:15 am Essential Yoga (Cindy)  10am-4pm Spa Appts Available
22	23  6:30-7:30 pm Yoga Radiance- 8 wks (Amanda)	24 7:30-8:00 am Meditation Morning (Vona)  10am-6pm Spa Appts Available  6:15-7:15pm Atma Yoga (Vona)	25  10am-6pm Spa Appts Available  6:15-7:15pm Himalayan Experience- 3wks (Vona)	26 7:30-8:00am Meditation Morning (Vona)  10am-6pm Spa Appts Available  6:00-7:00 pm Elements of Yoga-3wks (Amanda)	27 10am-6pm Spa Appts Available  6:30-8:00 pm "A Piece of Work" Art Day (Caroline)	28  8:00-9:15 am Essential Yoga (Cindy)  10am-4pm Spa Appts Available

29	30 6:30-7:30 pm- 8 wks Yoga Radiance (Amanda)	31 7:30-8:00 am Meditation Morning (Vona)  10am-6pm Spa Appts Available  6:15-7:15pm Atma Yoga (Vona)
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**PRICES:**

Yoga Radiance- FREE

30-Minute Meditations- \$7 (or \$35 paid in full up front)

All 1-Hour Yoga Classes- \$12 / Pay for yoga series in advance- \$10 per class

Workshops- Priced individually

Himalayan Experience Workshop- \$15 per class (or \$36 paid in full)

**Class Descriptions:**

**Yoga Radiance-**

Yoga for women going through active treatment for cancer, the warriors, survivors and supporters. This class entails a series of supportive poses to nurture and nourish the body. This is a complementary class.

**Meditation Morning-**

Begin your morning on the right track. This half hour of guided meditation will allow your imagination to lead you on a journal, with the purpose of achieving deep relaxation, healing, and realizations through purposeful contemplation and reflection.

**Atma Yoga-**

Atma yoga combines Hatha Yoga (preparatory yoga) and Bhakti Yoga (Devotion to God). While most of the Western world has embraced yoga in the form of asana practice (the physical form), this practice will focus primarily on the breath to help rebuild the nervous system and transform your consciousness. You will learn to take what you learn on the mat, out into the world. This practice will begin and end with a mantra.

### **Himalayan Experience-**

Himalayan Yoga is for those who have some experience in yoga. Based on Atma Yoga philosophy, this intense 3-week class series will challenge the yogi physically, mentally, and emotionally. Be set free from the ego and the senses by experiencing moments of “austerity” and “free will.” Each class will include a warm up, contemplation, journaling and end a sacred snack. Those who attend all 3 sessions will receive a free journal and will be awarded a Certificate of Completion.

### **Elements of Yoga-**

This is a 3-week, Yoga 101 course suitable for those who have had a long lapse & want to catch up, Newbies to Yoga, and Everyone!

### **“A Piece of Work” Art Day-**

Craft and fun-filled evenings! This class will take place on Friday, January 13<sup>th</sup> and Friday, January 27<sup>th</sup> at 6:30 pm. We will meet to work on a new project for each class. The art projects will range from décor, novelty, practical, innovative and even festive “can-do’s” for people of any age and interest! Each project will vary in medium, cost, and time (although time will never exceed three hours). Check our calendar of events for more information and price.

### **Essential Yoga-**

This class offers students and in-depth study of asana (poses) and pranyama (breath). It is perfect for those new to yoga as well as challenging for the experienced yogini.