

JUNE 2025

Visit
www.sacredspaceyogawellness.com
 to register

**notes prepaid event

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Chair Yoga 3:30pm Slow Flow Beginner 5pm Yin Yoga 6:30pm	3 Yoga Flow 6:30pm	4 Chill & Stretch Yoga Flow 6:30pm Trainee Led Class ***	5 Power Yoga 6:30pm	6	7 Hot Yoga 9am Hot Yoga 10:30am
8	9 Chair Yoga 3:30pm Slow Flow Beginner 5pm Yin Yoga 6:30pm	10 Yoga Flow 6:30pm	11	12 Power Yoga 6:30pm	13 Full Moon Flow 6:30pm 90 min class Trainee Led Class***	14 Hot Yoga 7:30am Hot Yoga 9am
15 **Hot POWER Yoga 10am	16 Chair Yoga 3:30pm Slow Flow Beginner 5pm Yin Yoga 6:30pm	17 Yoga Flow 6:30pm	18 Chill & Stretch Yoga Flow 6:30pm Trainee Led Class ***	19 Power Yoga 6:30pm	20 **Summer Solstice Sound Bath 7pm	21 Hot Yoga 9am Hot Yoga 10:30am
22	23 Chair Yoga 3:30pm Slow Flow Beginner 5pm Yin Yoga 6:30pm	24 Yoga Flow 6:30pm	25	26 Power Yoga 6:30pm	27	28 Hot Yoga 7:30am Hot Yoga 9am
29 **Hot POWER Yoga 10am	30 Chair Yoga 3:30pm Slow Flow Beginner 5pm Yin Yoga 6:30pm					