

breathe.yoga

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Traditional Hatha Yoga 6:30-7:30pm	2	3
4	5 Traditional Hatha Yoga 10-11am	6 Traditional Hatha Yoga 6:30-7:30pm	7 Gentle Yoga 3:30-4:30pm	8	9	10
11 YOGA at DoMA In person Pop-Up class 11am-Noon See website for details	12	13 Traditional Hatha Yoga 6:30-7:30pm	14 Gentle Yoga 3:30-4:30pm	15 Traditional Hatha Yoga 6:30-7:30pm	16	17
18	19 Holiday Hatha Yoga 10-11am	20 Holiday Hatha Yoga 6:30-7:30pm	21 Gentle Yoga for Holidays 3:30-4:30pm	22	23	24
25	26	27 Hatha & Restore Yoga 6:30-7:30pm	28 Gentle & Restore Yoga 3:30-4:30pm	29 2022 Wind-down Hatha 6:30-7:30pm	30	31

All classes are livestream on Zoom unless otherwise listed. Please note that day and times may be subject to change.

breathe.yoga

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Welcome the New Year 2023 Hatha Yoga Class 10-11am	2	3 Traditional Hatha Yoga 6:30-7:30pm	4 Gentle Yoga 3:30-4:30pm	5 Traditional Hatha Yoga 6:30-7:30pm	6	7 Prenatal Yoga 12:45 - 1:45 In Person See website for details
8	9	10 Traditional Hatha Yoga 6:30-7:30pm	11 Gentle Yoga 3:30-4:30pm	12 Traditional Hatha Yoga 6:30-7:30pm	13	14
15 YOGA at DoMA In person Pop-Up class 11am-Noon See website for details	16	17 Traditional Hatha Yoga 6:30-7:30pm	18 Gentle Yoga 3:30-4:30pm	19 Traditional Hatha Yoga 6:30-7:30pm	20	21 Prenatal Yoga 12:45 - 1:45 In Person See website for details
22	23	24 Traditional Hatha Yoga 6:30-7:30pm	25 Gentle Yoga 3:30-4:30pm	26 Traditional Hatha Yoga 6:30-7:30pm	27	28
29	30	31 Traditional Hatha Yoga 6:30-7:30pm	1	2	3	4

All classes are livestream on Zoom unless otherwise listed. Please note that day and times may be subject to change.