

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.

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February 2023

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

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