

breathe.yoga

May 2023

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

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

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