

WHY happenings

JULY 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 WHY in the Parks: Beachland Park Free offsite class 10-11am...Sarah	2	3	4 July 4th Classes Gentle Yoga: 8am...Shankara Power Yoga: 9am...Nykki Gentle Yoga: 9:30am...Shankara	5	6 Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Corrina	7 WHY in the Parks: Fernridge Free offsite class 8-9am...Kate/Jenn
8 WHY in the Parks: Beachland Park Free offsite class 10-11am...Sarah	9 4 week WHY Bootcamp begins 6:15-7:15am (Mondays...Kate)	10 WHY Bootcamp 6:15-7:15am (Tuesdays...Rachel) 4 week Mindfulness Based Learning begins 1:30-3:30pm... Lanelle & Jim	11 WHY Bootcamp 6:15-7:15am (Wednesdays... Claudia) WHY in the Parks: Eisenhower Park Free offsite class 5:30-6:30pm...Katie	12 WHY Bootcamp 6:15-7:15am (Thursdays...Amy) WHY Outreach: Yoga for Cancer 1:30-2:45pm...Nina 6 week Intro to Yoga Series begins 6-7:15pm...Marni	13 WHY Bootcamp 6:15-7:15am (Fridays...Sarah) WHY Outreach: FREE Yoga for Recovery 6-7:30pm...Michelle	14 WHY in the Parks: Fernridge Free offsite class 8-9am...Kate/Jenn Community Acupuncture 1-2:30pm... Dr. Kara Burkhardt
15 WHY in the Parks: Beachland Park Free offsite class 10-11am...Sarah	16 WHY Bootcamp 6:15-7:15am...Kate	17 WHY Bootcamp 6:15-7:15am...Rachel	18 WHY Bootcamp 6:15-7:15am...Claudia WHY in the Parks: Eisenhower Park Free offsite class 5:30-6:30pm...Katie	19 WHY Bootcamp 6:15-7:15am...Amy	20 WHY Bootcamp 6:15-7:15am...Sarah	21 OM Street Yoga 8-9:30am...Barbara rain date: 7/28 (held off site on LaSalle Road)
22 WHY in the Parks: Beachland Park Free offsite class 10-11am...Sarah Restorative Yoga Workshop 12:30-3pm... Corrina & Adriana	23 WHY Bootcamp 6:15-7:15am...Kate	24 WHY Bootcamp 6:15-7:15am...Rachel	25 WHY Bootcamp 6:15-7:15am...Claudia WHY in the Parks: Eisenhower Park Free offsite class 5:30-6:30pm...Katie	26 WHY Bootcamp 6:15-7:15am...Amy WHY Outreach: Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	27 WHY Bootcamp 6:15-7:15am...Sarah	28 WHY in the Parks: Fernridge Free offsite class 8-9am...Kate/Jenn
29 WHY in the Parks: Beachland Park Free offsite class 10-11am...Sarah	30 WHY Bootcamp 6:15-7:15am...Kate	31 WHY Bootcamp 6:15-7:15am...Rachel	WHY wisdom Community is a sign that love is possible in a materialistic world where people so often either ignore or fight each other. It is a sign that we don't need a lot of money to be happy — in fact, the opposite. ~Jean Vanier			

HIGHLIGHTS

7.1 / 7.8 / 7.15 / 7.22 / 7.29 ... WHY in the Parks: Beachland @ 10am ... FREE
 7.7 / 7.14 / 7.28 ... WHY in the Parks: Fernridge @ 8am ... FREE
 7.11 / 7.18 / 7.25 ... WHY in the Parks: Eisenhower @ 5:30pm ... FREE

7.4 Gentle @ 8am / WHY Power @ 9am / Gentle @ 9:30am
 7.6 Restorative Yoga & Yoga Nidra Mini Workshop @ 6pm
 7.9 WHY Bootcamp begins @ 6:15am [4 weeks]
 7.10 Mindfulness Based Learning Series begins @ 1:30pm [4 weeks]
 7.12 WHY Outreach: Yoga for Cancer @ 1:30pm
 Intro to Yoga Series begins @ 6pm [6 weeks]
 7.13 WHY Outreach: Yoga for Recovery @ 6pm
 7.14 Community Acupuncture @ 1pm
 7.22 Restorative Yoga Workshop @ 12:30pm
 7.26 WHY Outreach: Yoga for Cancer @ 1:30pm

OM STREET YOGA.

July 21: Get Your Asana in the Street!

It's the 8th annual, all levels, free outdoor yoga class on LaSalle Road. Join us at 8am to celebrate yoga & community!