

WHY happenings

FEBRUARY 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>SAVE THE DATE ... WHY OPEN STUDIO Saturday, March 10 1-5pm Free classes, healing arts Q&A, discounts on class cards, healing arts & merchandise.</p>					<p>1</p> <p>2</p> <p>WHY Outreach: FREE Yoga for Recovery 6-7:30pm...Michelle</p>	<p>3</p> <p>FREE Intro to Yoga 1-2pm...Jude</p> <p>Winter Yin & Acupuncture 1-3:30pm...Kevin & Dr. Burkhart</p>
<p>4</p> <p>\$7 Community Yoga to benefit WHY Outreach 3-4pm...rotating</p> <p>WHY Kids 3:15-4pm...Becca</p>	<p>5</p>	<p>6</p> <p>Baby & Me 4 week series begins 1-1:45pm...Kara S.</p>	<p>7</p>	<p>8</p> <p>WHY Outreach: FREE Yoga for Cancer Patients 1:30-2:45pm...Nina</p>	<p>9</p> <p>Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Corrina</p>	<p>10</p> <p>Practicing for Longevity Workshop 1-3:30pm...Mike & Tony</p> <p>Couples Workshop 4:30-7pm...Carissa & Shankara</p>
<p>11</p> <p>Family Yoga: Heart Centered 3-4pm...Beth</p> <p>Yoga & Shamanism 12:30-2:30pm...John</p> <p>\$7 Community Yoga to benefit WHY Outreach 3-4pm...rotating</p>	<p>12</p>	<p>13</p> <p>Baby & Me series [week 2] 1-1:45pm...Kara S.</p>	<p>14</p>	<p>15</p>	<p>16</p> <p>WHY Teacher Training Module #2 Visit WHY online for any class updates or cancellations</p>	<p>17</p> <p>WHY Teacher Training Module #2</p>
<p>18</p> <p>WHY Teacher Training Module #2</p> <p>\$7 Community Yoga to benefit WHY Outreach 3-4pm...rotating</p>	<p>19</p> <p>President's Day regular WHY schedule... visit westhartfordyoga.com for details</p>	<p>20</p> <p>Baby & Me series [week 3] 1-1:45pm...Kara S.</p>	<p>21</p>	<p>22</p> <p>WHY Outreach: FREE Yoga for Cancer Patients 1:30-2:45pm...Nina</p>	<p>23</p>	<p>24</p> <p>Community Acupuncture 1-2:30pm...Dr. Kara Burkhart</p> <p>Stay Woke: A Workshop on Mindfulness 1-3:30pm...Cheryl Leigh Mowry, MS, LPC</p>
<p>25</p> <p>Restorative Yoga Workshop w/ Massage + Reiki 12:30-3pm...Corrina & Adriana</p> <p>\$7 Community Yoga to benefit WHY Outreach 3-4pm...rotating</p>	<p>26</p>	<p>27</p> <p>Baby & Me series [week 4] 1-1:45pm...Kara S.</p>	<p>28</p>	<p>WHY wisdom</p> <p>The universe is full of magical things patiently waiting for our wits to grow sharper. ~Eden Phillpotts</p>		

HIGHLIGHTS	2.2	WHY Outreach: FREE Yoga for Recovery @ 6pm	2.11	Yoga & Shamanism @ 12:30pm
	2.3	FREE Intro to Yoga @ 1pm		Family Yoga: Heart Centered class @ 3pm
		Winter Yin & Acupuncture Workshop @ 1pm		\$7 Community Yoga @ 3pm
	2.4	\$7 Community Yoga @ 3pm	2.16 / 2.17 / 2.18	Teacher training module #2
		WHY Kids @ 3:15pm	2.18	\$7 Community Yoga @ 3pm
	2.6	Baby & Me Series begins @ 1pm [4 weeks]	2.22	WHY Outreach: FREE Yoga for Cancer @ 1:30pm
	2.8	WHY Outreach: FREE Yoga for Cancer @ 1:30pm	2.24	Community Acupuncture @ 1pm
	2.9	Restorative & Yoga Nidra Mini Workshop @ 6pm		Stay Woke: A Workshop on Mindfulness @ 1pm
	2.10	Practicing for Longevity Workshop @ 1pm	2.25	Restorative Yoga Workshop @ 12:30pm
		Couples Workshop @ 4:30pm		\$7 Community Yoga @ 3pm