

WHY happenings

JUNE 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>\$7 Community Yoga to benefit WHY Outreach 3-4pm...rotating (ends for summer 6/24)</p> <p>Brings physical & spiritual benefits of yoga to all communities</p>	<p>WHY wisdom</p> <p>Do not go where the path may lead, go instead where there is no path and leave a trail. ~Ralph Waldo Emerson</p>				<p>Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Corrina</p>	<p>Community Acupuncture 1-2:30pm... Dr. Kara Burkhardt</p> <p>FREE Intro to Yoga 1-2pm...Jude</p>
<p>WHY Kids 3:15-4pm...Diana</p> <p>Practicing Yoga with Injuries and Pain 12:30-3pm...John</p>					<p>Functional Anatomy for Yoga Teachers 7:45am-4:15pm... Ellen Heed</p> <p>WHY Outreach: FREE Yoga for Recovery 6-7:30pm...Jen</p>	<p>Functional Anatomy for Yoga Teachers 1-10:30pm... Ellen Heed</p>
<p>Functional Anatomy for Yoga Teachers 12:30-7pm... Ellen Heed</p>				<p>WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina</p>		
<p>WHY in the Parks: Beachland Free offsite class 10-11am...Sarah</p> <p>Restorative Yoga Workshop 12:30-3pm... Corrina & Adriana</p> <p>Family Yoga 3:15-4:15pm...Beth</p>			<p>WHY in the Parks: Eisenhower Park Free offsite class 5:30-6:30pm...Katie</p>		<p>WHY Teacher Training Module #6 Visit WHY online for any class updates or cancellations</p>	<p>WHY Teacher Training Module #6 WHY in the Parks: Fernridge Park Free offsite class 8-9am...Kate/Jenn</p>
<p>WHY Teacher Training Module #6 WHY in the Parks: Beachland Park Free offsite class 10-11am...Sarah</p>			<p>WHY in the Parks: Eisenhower Park Free offsite class 5:30-6:30pm...Katie</p>	<p>WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina</p>		<p>WHY in the Parks: Fernridge Park Free offsite class 8-9am...Kate/Jenn</p>

HIGHLIGHTS

- 6.17 / 6.24 ... WHY in the Parks: Beachland @ 10am ... FREE
- 6.20 / 6.27 ... WHY in the Parks: Eisenhower @ 5:30pm ... FREE
- 6.23 / 6.30 ... WHY in the Parks: Fernridge @ 8am ... FREE
- 6.1 Restorative & Yoga Nidra Mini Workshop @ 6pm
- 6.2 Community Acupuncture @ 1pm
FREE Intro to Yoga @ 1pm
- 6.3 WHY Kids @ 3:15pm
Practicing Yoga with Injuries and Pain @ 12:30pm
- 6.8 / 6.9 / 6.10 Functional Anatomy for Yoga Teachers
- 6.8 WHY Outreach: FREE Yoga for Recovery @ 6pm
- 6.14 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
- 6.17 Restorative Yoga Workshop @ 12:30pm
Family Yoga @ 3:15pm
- 6.22 / 6.23 / 6.24 Teacher training module #6
- 6.28 WHY Outreach: FREE Yoga for Cancer @ 1:30pm