

# WHY happenings

DECEMBER 2017



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p><b>Give the Gift of Wellness</b></p> <p>A WHY gift card is the perfect treat for yourself &amp; your loved ones this holiday season.</p> <p>Purchase a \$100 gift card and receive a 10% coupon good towards a massage or healing arts session.*</p>			<p><b>WHY wisdom</b></p> <p>A kind gesture can reach a wound that only compassion can heal. ~Steve Maraboli</p>		<p><b>1</b></p> <p><b>WHY Outreach: FREE Yoga for Recovery</b> 6-7:30pm...staff</p>	<p><b>2</b></p> <p><b>Yoga Nidra</b> 1-4:30pm...Shankara</p> <p><b>Community Acupuncture</b> 1-2:30pm... Dr. Kara Burkhart</p>
<p><b>3</b></p> <p><b>\$7 Community Yoga to benefit WHY Outreach</b> 3-4pm...Kristin/Jamie</p> <p><b>WHY Kids</b> 3:15-4pm...Beth</p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p> <p><b>Community Acupuncture</b> 1-2:30pm...Dr. Burkhart</p> <p><b>FREE Intro to Yoga</b> 11:30-12:30pm...Jude</p> <p><b>2018 WHY Teacher Training Info Session</b> 12:30-1:45pm...Barbara</p>
<p><b>10</b></p> <p><b>Restorative Yoga Workshop</b> 12:30-3pm...Corrina &amp; Adriana</p> <p><b>\$7 Community Yoga to benefit WHY Outreach</b> 3-4pm...Jamie</p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p> <p><b>WHY Outreach Yoga for Cancer Patients ... FREE</b> 1:30-2:45pm...Nina</p>	<p><b>15</b></p> <p><b>Restorative Yoga &amp; Yoga Nidra Mini Workshop</b> 6-7:30pm...Corrina</p>	<p><b>16</b></p> <p><b>Kirtan</b> 6-9pm...Shankara &amp; Friends</p>
<p><b>17</b></p> <p><b>\$7 Community Yoga to benefit WHY Outreach</b> 3-4pm...Kristin</p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p> <p><b>Relating Exercises</b> 7-8:30pm... Dr. Peter Meadow</p>	<p><b>23</b></p>
<p><b>Christmas Eve 24</b> Studio closed after Hour of Power.</p> <p><b>New Years Eve 31</b> No regular classes after Hour of Power.</p> <p><b>108 Sun Salutations</b> 10-11:45pm...Nykki</p>	<p><b>25</b></p> <p><b>Christmas Day</b> Studio is closed.</p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p> <p><b>WHY Outreach Yoga for Cancer Patients ... FREE</b> 1:30-2:45pm...Nina</p>	<p><b>29</b></p>	<p><b>30</b></p>

HIGHLIGHTS	12.1	WHY Outreach: FREE Yoga for Recovery @ 6pm	12.10	Restorative Yoga Workshop with Aromatherapy @ 12:30pm
	12.2	Community Acupuncture @ 1pm		\$7 Community Yoga @ 3pm
		Yoga Nidra @ 1pm	12.14	WHY Outreach: FREE Yoga for Cancer @ 1:30pm
	12.3	\$7 Community Yoga @ 3pm	12.15	Restorative Yoga & Yoga Nidra Mini Workshop @ 6pm
		WHY Kids @ 3:15pm	12.16	Kirtan @ 6pm
	12.9	FREE Intro to Yoga @ 11:30am	12.17	\$7 Community Yoga @ 3pm
		Community Acupuncture @ 1pm	12.22	Relating Exercises @ 7pm
		.....	12.24	Studio closed at 2pm
		FREE 2018 TT Info Session @ 12:30pm	12.25	Studio closed
		.....	12.28	WHY Outreach: FREE Yoga for Cancer @ 1:30pm
			12.31	No regular classes after 2pm / 108 Sun Salutations @ 10pm

\*Limit two coupons per person.  
Purchase by 12/31/17, use discount anytime.