

WHY happenings

APRIL 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3 Baby & Me 4 week series begins 1-1:45pm...Kara S.	4	5 WHY Outreach: FREE Yoga for Cancer Patients 1:30-2:45pm...Nina	6 Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Corrina	7 Liberate Hips, Pelvis & Shoulders Workshop 1-4pm...Barbara
8 \$7 Community Yoga to benefit WHY Outreach 3-4pm...Rachel WHY Kids 3:15-4pm...Becca	9	10 Baby & Me series [week 2] 1-1:45pm...Kara S.	11	12	13 WHY Outreach: FREE Yoga for Recovery 6-7:30pm...John	14 Spring Yin & Acupuncture 1-3:30pm...Kevin & Dr. Kara Burkhardt FREE Intro to Yoga 1-2pm...Jude Kirtan 6-8:30pm...Shankara
15 Restorative Yoga Workshop with The Conduit 12:30-3pm...Corrina & Adriana \$7 Community Yoga to benefit WHY Outreach 3-4pm...Rachel	16 40 Day ReStart™ Boot Camp begins 6-7am...Corrina & Marcia	17 Baby & Me series [week 3] 1-1:45pm...Kara S.	18	19 WHY Outreach: FREE Yoga for Cancer Patients 1:30-2:45pm...Nina	20 WHY Teacher Training Module #4 Visit WHY online for any class updates or cancellations	21 WHY Teacher Training Module #4 Intro to WHY Power 6-8pm...Barbara & WHY trainees
22 WHY Teacher Training Module #4 \$7 Community Yoga to benefit WHY Outreach 3-4pm...Rachel	23	24 Baby & Me series [week 4] 1-1:45pm...Kara S.	25	26	27	28 Community Acupuncture 1-2:30pm...Dr. Kara Burkhardt Full Moon Madness: A Yoga Fundraiser to Benefit WHY Outreach 8-10pm...Barbara
29 Unstuck: Easing the Grip of Habits 12:30-3pm...Sharon Gutterman Family Yoga 3-4pm...Beth \$7 Community Yoga 3-4pm...Kathryn	30					

Refresh your mind & body this Spring with a massage at WHY!

WHY wisdom

Those who dance are considered insane by those who cannot hear the music. ~George Carlin

HIGHLIGHTS	4.8 / 4.15 / 4.22 / 4.29 Community Yoga @ 3pm	4.14 Kirtan @ 6pm
	4.3 Baby & Me Series begins @ 1pm [4 weeks]	4.15 Restorative Yoga Workshop @ 12:30pm
	4.5 WHY Outreach: FREE Yoga for Cancer @ 1:30pm	4.16 40 Day ReStart Boot Camp begins @ 6am [6 days]
	4.6 Restorative Yoga & Yoga Nidra Workshop @ 6pm	4.19 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
	4.7 Liberate Hips, Pelvis & Shoulders Workshop @ 1pm	4.20 / 4.21 / 4.22 Teacher Training Module #4
	4.8 WHY Kids @ 3:15pm	4.21 Intro to WHY Power @ 6pm
	4.13 WHY Outreach: FREE Yoga for Recovery @ 6pm	4.28 Community Acupuncture @ 1pm Full Moon Madness: Fundraiser for WHY Outreach @ 8pm
	4.14 Spring Yin & Acupuncture Workshop @ 1pm FREE Intro to Yoga @ 1pm	4.29 Unstuck: Easing the Grip of Habits @ 12:30pm Family Yoga @ 3pm