

WHY happenings

FEBRUARY 2019



sunday	monday	tuesday	wednesday	thursday	friday	saturday
WHY Outreach Community Yoga Sundays, 3-4pm \$7 donation	WHY wisdom Life is about balance. Be kind, but don't let people abuse you. Trust, but don't be deceived. Be content, but never stop improving yourself. ~Nishan Panwar				Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Shankara	Yin & Acupuncture Winter Workshop 1-3pm...Kevin & Dr. Kara Burkhart
\$7 Community Yoga to benefit WHY Outreach 3-4pm...Temerson WHY Kids 3:15-4pm...Becca		Baby & Me 1-1:45pm...Karla		WHY Outreach: Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	WHY Outreach: FREE Yoga for Recovery 6-7:30pm...Jen	Community Acupuncture 1-2:30pm...Dr. Kara B. Yoga for Head, Neck & Shoulders 1-3pm...Tony Couples Workshop 4:30-7pm...Carissa & Shankara
FREE Intro to Yoga 1-2pm...Jude \$7 Community Yoga to benefit WHY Outreach 3-4pm...Teresa		Baby & Me 1-1:45pm...Karla			WHY Teacher Training Module #2 Visit WHY online for any class updates or cancellations	WHY Teacher Training Module #2
WHY Teacher Training Module #2 \$7 Community Yoga to benefit WHY Outreach 3-4pm...Temerson				WHY Outreach: Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	Friday Unwind: Slow Flow & Restore Mini Workshop 6-7:30pm...Nina	Community Acupuncture 1-2:30pm...Dr. Kara Burkhart Practicing for Longevity 1-3:30pm...Tony & Mike
Restorative Yoga Workshop w/massage & reiki 12:30-3pm...Adrianna & Mike \$7 Community Yoga to benefit WHY Outreach 3-4pm...Aaron		Baby & Me 1-1:45pm...Karla				

HIGHLIGHTS	2.3 / 2.10 / 2.17 / 2.24 Community Yoga @ 3pm	2.9 Yoga for Head, Neck & Shoulders @ 1pm
	2.5 / 2.12 / 2.26 Baby & Me Yoga @ 1pm	Couples Workshop @ 4:30pm
	2.1 Restorative Yoga & Yoga Nidra Workshop @ 6pm	2.10 FREE Intro to Yoga @ 1pm
	2.2 Yin & Acupuncture Winter Workshop @ 1pm	2.15 / 2.16 / 2.17 Teacher Training Module #2
	2.3 WHY Kids @ 3:15pm	2.21 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
	2.7 WHY Outreach: FREE Yoga for Cancer @ 1:30pm	2.22 Friday Unwind: Slow Flow & Restore @ 6pm
	2.8 WHY Outreach: FREE Yoga for Recovery @ 6pm	2.23 Community Acupuncture @ 1pm
	2.9 Community Acupuncture @ 1pm	Practicing for Longevity @ 1pm
		2.24 Restorative Yoga (with massage & reiki) @ 12:30pm
		