

WHY happenings

MAY 2017



sunday	monday	tuesday	wednesday	thursday	friday	saturday
WHY Outreach Community Yoga Sundays, 3-4pm \$7 donation class ends for the summer on 5/21; resumes 9/17	1	2	3	WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	WHY Outreach: FREE Yoga for Recovery 6-7:30pm...John	Liberate Hips, Pelvis & Shoulders 1-4pm...Barbara
Yoga & Shamanism 12:30-3pm...John WHY Kids 3:15-4pm...Beth	8	9	10	11	Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Corrina	FREE Intro to Yoga 1-2pm...Nina
Restorative Yoga Workshop with Myofascial Release 12:30-3pm...Corrina & Adriana	15	16	17	WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	WHY Teacher Training Module #5 Visit WHY online for any class updates or cancellations	WHY Teacher Training Module #5 Hour of Power...3pm class ends for the summer on 5/20; resumes 9/16
WHY Teacher Training Module #5	22	23	24	25	WHY Outreach: FREE Yoga for Recovery 6-7:30pm...John	Memorial Day Weekend Regular morning schedule; afternoon classes cancelled.
Memorial Day Weekend Regular morning schedule; afternoon classes cancelled.	Memorial Day WHY Power: 9am...Nykki Gentle Yoga: 9:30am...Shankara Studio closed at 11am.	30	31	WHY wisdom In the winter you may want the summer; in the summer, you may want the autumn; in the autumn, you may want the winter; but only in the spring you dream and want no other season but the spring! ~Mehmet Murat ildan		

HIGHLIGHTS

- 5.4 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
- 5.5 WHY Outreach: FREE Yoga for Recovery @ 6pm
- 5.6 Liberate Hips, Pelvis & Shoulders @ 1pm
- 5.7 Yoga & Shamanism @ 12:30pm
WHY Kids @ 3:15pm
- 5.12 Restorative & Yoga Nidra Mini Workshop @ 6pm
- 5.13 FREE Intro to Yoga @ 1pm
- 5.14 Restorative Yoga Workshop @ 12:30pm
- 5.18 WHY Outreach: FREE Yoga for Cancer @ 1:30pm

- 5.19 / 5.20 / 5.20 Teacher training module #5
- 5.26 WHY Outreach: FREE Yoga for Recovery @ 6pm
- 5.27 / 5.28 Memorial Day Weekend: no afternoon classes
- 5.29 Power @ 9am / Gentle @ 9:30am



Get your asana in the street on Saturday, July 22 at 8:00am