

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------------------|--|---|---|--------------------------------------|---|
| | | | | 01 5:30PM YOGA WITH A TWIST PAM 7PM WARM FLOW SHEENA | 02 6AM EARLY MORNING YOGA HEATHER | 03 9AM RISE & STRETCH PAM |
| 04 9AM GENTLE AMANDA 1:30PM KUNDALINI YOGA AT THE PAGAN PICNIC IN TOWER GROVE PARK, ANDREA & HEATHER, FREE | 05 6PM BEGINNER ANDREA | 06 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA | 07 12PM YOGA YOUR WAY LOUISE 7PM WIND DOWN ANDREA | 08 5:30PM YOGA WITH A TWIST PAM 7PM WARM FLOW HEATHER | 09 | 10 9AM RISE & STRETCH PAM |
| 11 9AM GENTLE AMANDA | 12 6PM BEGINNER ANDREA | 13 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA | 14 12PM YOGA YOUR WAY LOUISE 7PM WIND DOWN ANDREA | 15 5:30PM YOGA WITH A TWIST PAM 7PM WARM FLOW SHEENA | 16 6AM EARLY MORNING YOGA HEATHER | 17 8:30AM YOGA AT THE GOSHEN MARKET IN EDWARDSVILLE 2PM PRACTICING YOGA WITH THE ANIMALS AT TREEHOUSE WILDLIFE CENTER, \$10 HEATHER |
| 18 9AM GENTLE AMANDA 3PM KUNDALINI YOGA ANDREA & HEATHER, \$15 | 19 6PM BEGINNER ANDREA | 20 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA | 21 12PM YOGA YOUR WAY LOUISE 7PM WIND DOWN ANDREA | 22 6PM THAI YOGA DEMO, DANI \$10 | 23 | 24 6AM SUMMER SOLSTICE YOGA AT THE ALTON AMPHITHEATER, FREE |
| 25 9AM GENTLE AMANDA | 26 6PM BEGINNER KUNDALINI ANDREA | 27 5PM BEGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA | 28 12PM YOGA YOUR WAY LOUISE 7PM WIND DOWN ANDREA | 29 5:30 YOGA WITH A TWIST PAM 7PM WARM FLOW SHEENA | 30 6AM EARLY MORNING YOGA HEATHER | |

06. JUNE



SPECIAL EVENTS

- Practicing Yoga with Animals at Treehouse 6/17 2PM \$10
- Yoga at the Goshen Market in Edwardsville, 6/17, 8:30AM
- Kundalini Yoga Basics 6/18 \$15
- Summer Solstice Yoga at the Alton Amphitheater, 6/24, 6AM, FREE

CONTACT US

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Scan for more ZEN