

A PRIL -

of Love	2		2024			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am Hatha Yoga with Taimy (GS)16:30pm Hatha Yoga with Stephanie (SH)6:30pm Qigong and Breathwork with Danny (GS)8pm Mindfulness Yoga Flow with Epiphanie9	10am Hatha Yoga with Mica (GS)26:30pm Meditation & Breathwork with Virs336:30pm Power Yoga with Epiphanie38pm Restorative Flow with Epiphanie3	6:30am 3 Rise to Strength Flow Yoga with Taimy 10am Prenatal Yoga En Espanol with Maria 6:30pm Kripalu Yoga & Sound with Stephanie (SH) 7:30pm Qigong and Breathwork with Danny (GS)	 9am Yoga Vinyasa Flow En Espanol with Maria (GS) 6pm Kripalu Yoga & Sound Healing 6:30pm Qigong and Breathwork with Danny (GS) 7:30pm Kundalini Yoga with Stephanie (SH) 	6:30am Rise to Strength Flow Yoga with Taimy 10am Yoga Vinyasa Flow en Espanol with Maria (GS) 4:30pm MTVs and Astrology with MysticEve 6:30pm Yin Yoga with Taimy (SH)	10am Meditation with Viirs3 (ZG)10am Vinyasa Yoga with Nani (GS)11:30am Slow Flow Healing Yoga with Nani (SH)12:30pm Acro Yoga1pm MTVs and Astrology with MysticEve8pm WOOP Life Silent Disco Dance Party and Connection Games	10am Meditation & Breathwork with Viirs3 (SH)710am Stretch & Flow Yoga with Mica (GS)11:15am Yoga Vinyasa Flow En Espanol with Maria(SH)12:30pm MTVs and Astrology with MysticEve1:11pm Workshop ConectARTE6pm Sunset Yoga with Mica (SH)
10am Hatha Yoga with Taimy (GS)86:30pm Hatha Yoga with Stephanie (SH)6:30pm Qigong and Breathwork with Danny (GS)7pm New Moon Ceremony8pm Mindfulness Yoga Flow with Epiphanie	 10am Hatha Yoga with Mica (GS) 6:30pm Meditation & Breathwork with Viirs3 6:30pm Power Yoga with Epiphanie 8pm Restorative Flow with Epiphanie 	 6:30am Rise to Strength Flow Yoga with Taimy 10am Prenatal Yoga En Espanol with Maria 6:30pm Kripalu Yoga & Sound with Stephanie (SH) 7:30pm Qigong and Breathwork with Danny (GS) 8pm Fire-gazing Meditation with Steph 	 9am Yoga Vinyasa Flow En Espanol with Maria (GS) 6pm Kripalu Yoga & Sound Healing 6:30pm Qigong and Breathwork with Danny (GS) 7:30pm Kundalini Yoga with Stephanie (SH) 	6:30am Rise to Strength Flow Yoga with Taimy 10am Yoga Vinyasa Flow en Espanol with Maria (GS) 6:30pm Yin Yoga with Taimy (SH)	10am Meditation with Viirs3 (ZG)1310am Vinyasa Yoga with Nani (GS)10am Breathwork Meditation & Sound Bath with Belinda (SH)11:30am Slow Flow Healing Yoga with Nani (SH)12:30pm Acro Yoga	10am Meditation & Breathwork with Viirs3 (SH)1410am Stretch & Flow Yoga with Mica (GS)11:15am Yoga Vinyasa Flow En Espanol with Maria (SH)1:11pm Workshop ConectARTE6pm Sunset Yoga with Mica (SH)
10am Hatha Yoga with Taimy (GS)156:30pm Hatha Yoga with Stephanie (SH)6:30pm Qigong and Breathwork with Danny (GS)8pm Mindfulness Yoga Flow with Epiphanie15	 10am Hatha Yoga with Mica (GS) 6:30pm Meditation & Breathwork with Virs3 6:30pm Power Yoga with Epiphanie 8pm Restorative Flow with Epiphanie 	6:30am Rise to Strength Flow Yoga with Taimy 10am Prenatal Yoga En Espanol with Maria 6:30pm Kripalu Yoga & Sound with Stephanie (SH) 7:30pm Qigong and Breathwork with Danny (GS)	 9am Yoga Vinyasa Flow En Espanol with Maria (GS) 6pm Kripalu Yoga & Sound Healing 6:30pm Qigong and Breathwork with Danny (GS) 7:30pm Kundalini Yoga with Stephanie (SH) 	6:30am Rise to Strength Flow Yoga with Taimy 10am Yoga Vinyasa Flow en Espanol with Maria (GS) 6:30pm Yin Yoga with Taimy (SH)	10am Meditation with Viirs3 (ZG)2010am Vinyasa Yoga with Nani (GS)1:30am Slow Flow Healing Yoga with Nani (SH)12:30pm Acro Yoga7pm Yoga Amor Incondicional with Daniela	10am Meditation & Breathwork with Viirs3 (SH)2110am Stretch & Flow Yoga with Mica (GS)11:15am Yoga Vinyasa Flow En Espanol with Maria (SH)1:11pm Workshop ConectARTE6pm Sunset Yoga with Mica (SH)
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10am Hatha Yoga with Taimy (GS) 6:30pm Hatha Yoga with Stephanie (SH) 6:30pm Qigong	10am Hatha Yoga with Mica (GS) 6:30pm Meditation & Breathwork with Viirs3					

6:30pm Qigong and Breathwork with Danny (GS)

8pm Mindfulness Yoga Flow with Epiphanie Yoga with Epiphanie 8pm Restorative Flow with Epiphanie

6:30pm Power

Locations: GA - Garden | GS - Greenspace | SH - Shala | ZG - Zen Garden