

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Happy New Year! Office closed	2 Office Closed 9a – 10a Yoga w/Tiffany 5:30 – 6:30 Yoga w/ Tori	3 Office Closed 9a-10a Yoga w/ Tiffany 6p-7p Yoga with Tiffany	4 Office Closed 5:30p -6:30pm Yoga w/ Tori	5	6	7
8 5:45p-6:45p Yoga for ALL	9 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori 7p – 8p Drumming	10 9a-10a Yoga w/ Tiffany 6p-7p Yoga with Tiffany 21 Day Yoga Challenge Begins!	11 10a –11a Gentle Yoga w/Gaby 5:30p -6:30pm Yoga w/ Tori	12	13	14
15 5:45p-6:45p Yoga for ALL	16 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori	17 9a-10a Yoga w/ Tiffany 6p-7p Yoga with Tiffany	18 10a –11a Gentle Yoga w/Gaby 5:30p -6:30pm Yoga w/ Tori	19	20	21
22 5:45p-6:45p Yoga for ALL	23 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori 7p – 8p Drumming	24 9a-10a Yoga w/ Tiffany 6p-7p Yoga with Tiffany	25 10a –11a Gentle Yoga w/Gaby 5:30p -6:30pm Yoga w/ Tori	26	27	28
29 5:45p-6:45p Yoga for ALL	30 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori	31 9a-10a Yoga w/ Tiffany 6p-7p Yoga with Tiffany				

**SERVICES:**

- HEALING TOUCH
- FACIALS
- AQUA DETOX
- INFRARED SAUNA

**MASSAGE:**

- Therapeutic
- Hot Stone
- Raindrop Therapy
- Lymphatic Drainage
- CranioSacral Therapy
- Add Ayurvedic Oils