

# COMMUNITY YOGA WORKSHOP

Calendar Schedule - 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03 Vinyasa Flow (6PM)	04	05	06 Meditation Intro	07
08	09	10 Vinyasa Flow (6PM)	11	12	13 Pranayama Workshop	14
15	16	17 Vinyasa Flow (6PM)	18	19	20 Restorative Yoga	21
22	23	24 Vinyasa Flow (6PM)	25	26	27 Alignment Masterclass	28

## WORKSHOP INFORMATION

Location: Westside Community Center  
Items to bring: Yoga mat, water, open mind.

## ADDITIONAL NOTES