

## January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>New Year's Day Studio Closed</b>	2
3  7:00-8:00 Candace Yin	4  6:00-7:00 Beth O Flow 7:30-8:30 Beth O Flow	5  11:00-12:15 Emelie Yin Yoga 7:00-8:00 Sandy Yoga Nidra	6  5:15-6:30 Emelie Yin Yoga	7  12:15-12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 7:00-8:30 Sandy New Year 90 min Yoga Nidra	8	9
10  7:00-8:00 Candace Yin	11  6:00-7:00 Beth O Flow 7:30-8:30 Beth O Flow	12  11:00-12:15 Emelie Yin Yoga 5:00-6:00 Sandy Yoga Nidra 7:00-8:00 Sandy Yoga Nidra	13  5:15-6:30 Emelie Yin Yoga	14  12:15-12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:00 -8:00 Shiona Mindful MDs	15	16
17  1:00-2:00 Beth W Chair Yoga 7:00-8:00 Candace Yin	18  6:00-7:00 Beth O Flow 7:30-8:30 Beth O Flow	19  11:00-12:15 Emelie Yin Yoga 5:00-6:00 Sandy Yoga Nidra 7:00-8:00 Sandy Yoga Nidra	20  5:15-6:30 Emelie Yin Yoga	21  12:15-12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:00 -8:00 Shiona Mindful MDs	22	23
24  2:00-4:30 Sandy & Shiona Rest, Release & Restore 7:00-8:00 Candace Yin	25  6:00-7:00 Beth O Flow 7:30-8:30 Beth O Flow	26  11:00-12:15 Emelie Yin Yoga 7:00-8:00 Sandy Yoga Nidra	27  5:15-6:30 Emelie Yin Yoga	28  12:15-12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:00 -8:00 Shiona Mindful MDs	29	30
31  1:00-2:00 Beth W Chair Yoga						