

FEBRUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax		
8	9	10	11	12	13	♥ 14
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga - Yoga Therapy 5:30 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:30 p.m. WELLNESS TALK	6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax		Valentine's Day Gift ideas: • Yoga Classes • Massage • Urban Zen • Acupuncture
15	16	17	18	19	20	21
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga - Yoga Therapy 5:30 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	Chinese New Year 6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax		
22	23	24	25	26	27	28
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga - Yoga Therapy 5:30 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	6:00 a.m. Yoga - Re-Energize 7:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax		



NOTES:

- PLEASE RSVP ONLINE OR TO 714-377-0078 SO WE CAN SAVE A SPACE FOR YOU.
- PLEASE ARRIVE 15 MINUTES EARLY TO ALL YOGA CLASSES.