

APRIL 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 PASSOVER	4
			No Yoga Classes	No Yoga Classes		
5 HAPPY EASTER	6	7	8	9	10	11
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy 5:30 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:30 p.m. WELLNESS TALK	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax		
12	13	14	15	16	17	18
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy 5:30 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax		
19	20	21	22	23	24	25
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy 5:30 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax		
26	27	28	29	30	NOTES:	
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy 5:30 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew 7:15 p.m. Yoga - Relax	<ul style="list-style-type: none"> • Please RSVP for our Wellness Talk • Please arrive 10-15 minutes early to yoga classes • Please bring your yoga mat, towel, and water • Sign up to receive our monthly email blast. Visit www.drduddy.com 	