



620 Edgar Avenue · Beaumont · California · 92223

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00 AM: Sally (Level 1+) 10:30 AM: Brenda 4:30 PM: Sally 6:00PM: Sally	9:00 AM: Andi (Singing Bowls-- 90 min)  Pranic Healing Clinic 5-7 PM	1  9:00 AM: Sally (All Levels)
2  11:00AM: Elaine (Sunshine Flow)	3  4:30 PM: Lisa 6:45pm Jaclyn (Yin)	4  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally	5  8:45 AM: Sally (Senior)  4:30 PM: Lisa	6  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally 6:00PM: Sally	7  9:00 AM: Andi (Singing Bowls-- 90 min)  Pranic Healing Clinic: 5-7 PM	8  9:00 AM: Sally (All Levels) 10:30AM: Eyrn (Donation based) Head to Toe Health wellness workshop
9  11:00AM: Elaine (Sunshine Flow)	10  4:30 PM: Lisa 6:45 PM: Jaclyn (Yin)	11  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally (Gentle)	12  8:45 AM: Sally (Senior)  4:30 PM: Lisa 6-8:00PM: Workshop on the Chakras (7 spots available)	13  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally 6:00PM: Sally	14  9:00 AM: Andi (Singing Bowls-- 90 min)  Pranic Healing Clinic: 5-7 PM	15  9:00 AM: Sally (All Levels)
16  11:00AM: Elaine (Sunshine Flow)	17  4:30 PM: Lisa 6:45 PM: Jaclyn (Yin)	18  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally (Gentle)	19  8:45 AM: Sally (Senior)  4:30 PM: Lisa 6-8:00PM: Workshop on the Chakras (7 spots available)	20  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally 6:00PM: Sally	21  9:00 AM: Andi (Singing Bowls- 90 min)  Pranic Healing Clinic: 5-7 PM	22  9:00 AM: Sally (All Levels)
23  11:00 AM: Elaine (Sunshine Flow)	24  4:30 PM: Lisa 6:45 PM: Jaclyn (Yin)	25  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally (Gentle)	26  8:45 AM: Sally (Senior)  4:30 PM: Lisa 6-8:00PM: Workshop on the Chakras (7 spots available)	27  9:00 AM: Sally (Level 1+) 10:30 AM: Brenda  4:30 PM: Sally 6:00PM: Sally	28  9:00 AM: Andi (Singing Bowls- 90 min)  Pranic Healing Clinic: 5-7 PM	29  9:00 AM: Sally (All Levels)

\*Space is limited to 12 students per class. Please arrive 15 minutes prior to scheduled class time to fill out the necessary paperwork.

\*All yoga classes are approximately 45 minutes to an 1.5 hours long and \$12 per class. Private (\$45/hr) and semi-private (\$20/hr for 3 or more) classes available.

\*Please call Sally at 951-415-6903 or stop by the studio to reserve your spot

\*NEW THIS MONTH: **Wednesdays at 6-8 pm -February 12, 19, & 26th** Workshop on the Chakras only 7 spots available call to reserve a spot before February 12th to see availability

\* **Saturday, February 8th at 10:30am- 12:30 pm** Head to Toe Health Wellness Workshop (free Donation based)

*The Yoga Connection*

**Sally Goodman June**

951-415-6903

TheYogaConnectionStudio@gmail.com