

JULY 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)</p>	<p>2 </p>	<p>3 10:30 Reiki Yoga (\$10)</p>
<p>4 </p>	<p>5 The Wellness Center will be open by appointment only. However, the Helio Spa will be open for all Spa & Tanning services</p>	<p>6 8:00a Vinyasa Flow (\$10) 10:00 Gentle Yoga* (* RSVP Required) 3:30 Kids' Yoga* (* RSVP Required) 6:00 Intro to Yoga* (* RSVP Required)</p>	<p>7</p>	<p>1 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)</p>	<p>9</p>	<p>10 10:30 Reiki Yoga (\$10) 1:00 Advanced Intuitive Development (Sacral Chakra) by Marcella (\$25) 4:00-6:00 Intuitive Readings w/Marcella (\$50 per ½ hour)</p>
<p>11 Consider a visit to the SPA for Sunday Specials... The Helio Spa is open from 1:00 p.m. until 6:00 p.m. on Sundays all Summer Long...</p>	<p>12 6:00 Power Yoga w/Dayal (\$13) 7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p>6 8:00a Vinyasa Flow (\$10) 10:00 Gentle Yoga* (* RSVP Required) 3:30 Kids' Yoga* (* RSVP Required) 6:00 Intro to Yoga* (* RSVP Required)</p>	<p>14 </p>	<p>1 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)</p>	<p>16 8:00 African Drum Circle w/ Kevin Dennis (Donations)</p>	<p>17 10:30 Reiki Yoga (\$10) 1:00 -5:00 The Healer and the Healing Arts (Dr. Mike Pagani) \$90 with RSVP; \$100 at the door.</p>
<p>18</p>	<p>19 6:00 Power Yoga w/Dayal (\$13) 7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p>6 8:00a Vinyasa Flow (\$10) 10:00 Gentle Yoga* (* RSVP Required) 3:30 Kids' Yoga* (* RSVP Required) 6:00 Intro to Yoga* (* RSVP Required)</p>	<p>21 7:00 SOUND JOURNEY MEDITATION by ELUV (\$20 with RSVP) (\$25 at the door) with optional NADA ACUPUNCTURE by Dr. Mike (\$20 for Ear Seeds)</p>	<p>1 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)</p>	<p>23</p>	<p>24 10:30 Reiki Yoga (\$10)</p>
<p>25 </p>	<p>26 6:00 Power Yoga w/Dayal (\$13) 7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p>6 8:00a Vinyasa Flow (\$10) 10:00 Gentle Yoga* (* RSVP Required) 3:30 Kids' Yoga* (* RSVP Required) 6:00 Intro to Yoga* (* RSVP Required)</p>	<p>28 6:00 HCG SUPPORT GROUP MEETING: Learn new recipes and new ideas for your new life style & maintenance...</p>	<p>1 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)</p>	<p>30 </p>	<p>31 10:30 Reiki Yoga (\$10)</p>