

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JULY 2009</b>			1	2 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners)	3	4 INDEPENDENCE DAY (Closed)
5	6	7 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners) 7:00 Reiki Yoga	8 7:30 Healing Circle	9 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners)	10	11 10:30 Reiki Yoga 12:30 -5:30 REIKI II Training
12	13	14 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners) 5:30 Yoga 101 7:00 Reiki Yoga	15 12:30 Yoga4Lunch	16 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners) 5:30 Yoga Flow	17	18 10:30 Reiki Yoga 12:30 -5:30 RESERVE FOR WORKSHOPS
19	20	21 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners) 12:30 Yoga4Lunch 5:30 Yoga 101 7:00 Reiki Yoga	22 12:30 Yoga4Lunch 7:00p Anti-Aging Secrets	23 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners) 12:30 Yoga4Lunch 5:30 Yoga Flow	24 12:30 Yoga4Lunch 5:30 – 7:30 HEALTHY HOUR (with Healing Circle)	25 10:30 Reiki Yoga 12:30 -5:30 RESERVE FOR WORKSHOPS
26	27	28 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners) 12:30 Yoga4Lunch 5:30 Yoga 101 7:00 Reiki Yoga	29 12:30 Yoga4Lunch 7:00 Spiritual Movie Night 7:00 Meetup Group on the Patio	30 9:00 Core Power Yoga (Intermediate) 10:30 Core Power Yoga (Beginners) 12:30 Yoga4Lunch 5:30 Yoga Flow 7:00 Intro to Yoga Rocks!	31 12:30 Yoga4Lunch 5:30 – 7:30 HEALTHY HOUR (with Reiki Share)	

Visit our website for complete descriptions of classes, teacher bios, regular workshop updates, monthly specials and more.

Classes fill up fast! RSVP online at <http://www.meetup.com/The-Tea-House-Wellness-Center/> or

by calling **813-258-0458**