

WHY happenings

MARCH 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
\$7 Community Yoga to benefit WHY Outreach 3-4pm...rotating Bringing the physical, spiritual & therapeutic benefits of yoga to all communities.	WHY wisdom Spring is far more than just a changing of seasons; it's a rebirth of the spirit. ~Toni Sorenson			1	2	3 Community Acupuncture 1-2:30pm... Dr. Kara Burkhart Yoga for Head, Neck & Shoulders 1-3pm...Tony
4 Pranayama Workshop 1-4pm...Shankara	5	6 Baby & Me 4 week series begins 1-1:45pm...Kara S.	7	8 WHY Outreach: FREE Yoga for Cancer Patients 1:30-2:45pm...Nina	9 WHY Outreach: FREE Yoga for Recovery 6-7:30pm...Jen	10 OPEN STUDIO 1-5pm... Free classes & health consults. Discounts on class cards, intro to yoga series, healing arts & merchandise.
11 Standing Poses Workshop 12:30-2:30pm... Nykki WHY Kids 3:15-4pm...Becca	12	13 Baby & Me series [week 2] 1-1:45pm...Kara S.	14	15	16 WHY Teacher Training Module #3 Visit WHY online for any class updates or cancellations	17 WHY Teacher Training Module #3 Intro to WHY Power 6-8pm...Barbara & WHY trainees
18 WHY Teacher Training Module #3	19	20 Baby & Me series [week 3] 1-1:45pm...Kara S.	21	22 WHY Outreach: FREE Yoga for Cancer Patients 1:30-2:45pm...Nina 6 week Intro to Yoga series begins 6-7:15pm...Marni	23 Flow & Grow Kids Yoga Teacher Training begins with Lara Hocheiser 5:30-9:30pm	24 Flow & Grow Kids Yoga Teacher Training 1-9pm...Lara 8 week Intro to Yoga series begins 11:15-12:30pm...Nina Yin for Runners 1-3:30pm...Kevin
25 Flow & Grow Kids Yoga Teacher Training 12:30-7pm...Lara Restorative Yoga Workshop w/ Aromatherapy 12:30-3pm...Corrina & Adriana	26 8 week Intro to Yoga series begins 7:45-9pm...Nykki	27 Baby & Me series [week 4] 1-1:45pm...Kara S.	28	29	30	31 Community Acupuncture 1-2:30pm... Dr. Kara Burkhart

HIGHLIGHTS	3.3 Community Acupuncture @ 1pm Yoga for Head, Neck & Shoulders @ 1pm	3.17 Intro to WHY Power @ 6pm
	3.4 Pranayama Workshop @ 1pm	3.22 WHY Outreach: FREE Yoga for Cancer @ 1:30pm Intro to Yoga Series begins @ 6pm [6 weeks]
	3.6 Baby & Me Series begins @ 1pm [4 weeks]	3.23 Flow & Grow Kids Yoga Teacher Training @ 5:30pm
	3.8 WHY Outreach: FREE Yoga for Cancer @ 1:30pm	3.24 Flow & Grow Kids Yoga Teacher Training @ 1pm Intro to Yoga Series begins @ 11:15am [8 weeks] Yin for Runners @ 1pm
	3.9 WHY Outreach: FREE Yoga for Recovery @ 6pm	3.25 Flow & Grow Kids Yoga Teacher Training @ 12:30pm Restorative Yoga Workshop @ 12:30pm
	3.10 OPEN STUDIO ... 1-5pm	3.26 Intro to Yoga Series begins @ 7:45pm [8 weeks]
	3.11 Standing Poses Workshop @ 12:30pm WHY Kids @ 3:15pm	3.31 Community Acupuncture @ 1pm
	3.16 / 3.17 / 3.18 Teacher training module #3	