

# WHY happenings

JULY 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>1</b> <b>WHY in the Parks: Beachland Park</b> Free offsite class 10-11am...Sarah	<b>2</b>	<b>3</b>	<b>4</b> <b>July 4th Classes</b> Gentle Yoga: 8am...Shankara Power Yoga: 9am...Nykki Gentle Yoga: 9:30am...Shankara	<b>5</b>	<b>6</b> <b>Restorative Yoga &amp; Yoga Nidra Mini Workshop</b> 6-7:30pm...Corrina	<b>7</b> <b>WHY in the Parks: Fernridge</b> Free offsite class 8-9am...Kate/Jenn
<b>8</b> <b>WHY in the Parks: Beachland Park</b> Free offsite class 10-11am...Sarah	<b>9</b> <b>4 week WHY Bootcamp begins</b> 6:15-7:15am (Mondays...Kate)	<b>10</b> <b>WHY Bootcamp</b> 6:15-7:15am (Tuesdays...Rachel) <b>4 week Mindfulness Based Learning begins</b> 1:30-3:30pm... Lanelle & Jim	<b>11</b> <b>WHY Bootcamp</b> 6:15-7:15am (Wednesdays... Claudia) <b>WHY in the Parks: Eisenhower Park</b> Free offsite class 5:30-6:30pm...Katie	<b>12</b> <b>WHY Bootcamp</b> 6:15-7:15am (Thursdays...Amy) <b>WHY Outreach: Yoga for Cancer</b> 1:30-2:45pm...Nina <b>6 week Intro to Yoga Series begins</b> 6-7:15pm...Marni	<b>13</b> <b>WHY Bootcamp</b> 6:15-7:15am (Fridays...Sarah) <b>WHY Outreach: FREE Yoga for Recovery</b> 6-7:30pm...Michelle	<b>14</b> <b>WHY in the Parks: Fernridge</b> Free offsite class 8-9am...Kate/Jenn <b>Community Acupuncture</b> 1-2:30pm... Dr. Kara Burkhardt
<b>15</b> <b>WHY in the Parks: Beachland Park</b> Free offsite class 10-11am...Sarah	<b>16</b> <b>WHY Bootcamp</b> 6:15-7:15am...Kate	<b>17</b> <b>WHY Bootcamp</b> 6:15-7:15am...Rachel	<b>18</b> <b>WHY Bootcamp</b> 6:15-7:15am...Claudia <b>WHY in the Parks: Eisenhower Park</b> Free offsite class 5:30-6:30pm...Katie	<b>19</b> <b>WHY Bootcamp</b> 6:15-7:15am...Amy	<b>20</b> <b>WHY Bootcamp</b> 6:15-7:15am...Sarah	<b>21</b> <b>OM Street Yoga</b> 8-9:30am...Barbara rain date: 7/28 (held off site on LaSalle Road)
<b>22</b> <b>WHY in the Parks: Beachland Park</b> Free offsite class 10-11am...Sarah <b>Restorative Yoga Workshop</b> 12:30-3pm... Corrina & Adriana	<b>23</b> <b>WHY Bootcamp</b> 6:15-7:15am...Kate	<b>24</b> <b>WHY Bootcamp</b> 6:15-7:15am...Rachel	<b>25</b> <b>WHY Bootcamp</b> 6:15-7:15am...Claudia <b>WHY in the Parks: Eisenhower Park</b> Free offsite class 5:30-6:30pm...Katie	<b>26</b> <b>WHY Bootcamp</b> 6:15-7:15am...Amy <b>WHY Outreach: Yoga for Cancer Patients ... FREE</b> 1:30-2:45pm...Nina	<b>27</b> <b>WHY Bootcamp</b> 6:15-7:15am...Sarah	<b>28</b> <b>WHY in the Parks: Fernridge</b> Free offsite class 8-9am...Kate/Jenn
<b>29</b> <b>WHY in the Parks: Beachland Park</b> Free offsite class 10-11am...Sarah	<b>30</b> <b>WHY Bootcamp</b> 6:15-7:15am...Kate	<b>31</b> <b>WHY Bootcamp</b> 6:15-7:15am...Rachel	<b>WHY wisdom</b> Community is a sign that love is possible in a materialistic world where people so often either ignore or fight each other. It is a sign that we don't need a lot of money to be happy — in fact, the opposite. ~Jean Vanier			

**HIGHLIGHTS**

7.1 / 7.8 / 7.15 / 7.22 / 7.29 ... WHY in the Parks: Beachland @ 10am ... FREE  
 7.7 / 7.14 / 7.28 ... WHY in the Parks: Fernridge @ 8am ... FREE  
 7.11 / 7.18 / 7.25 ... WHY in the Parks: Eisenhower @ 5:30pm ... FREE

7.4 Gentle @ 8am / WHY Power @ 9am / Gentle @ 9:30am  
 7.6 Restorative Yoga & Yoga Nidra Mini Workshop @ 6pm  
 7.9 WHY Bootcamp begins @ 6:15am [4 weeks]  
 7.10 Mindfulness Based Learning Series begins @ 1:30pm [4 weeks]  
 7.12 WHY Outreach: Yoga for Cancer @ 1:30pm  
 Intro to Yoga Series begins @ 6pm [6 weeks]  
 7.13 WHY Outreach: Yoga for Recovery @ 6pm  
 7.14 Community Acupuncture @ 1pm  
 7.22 Restorative Yoga Workshop @ 12:30pm  
 7.26 WHY Outreach: Yoga for Cancer @ 1:30pm

**OM STREET YOGA.**

**July 21: Get Your Asana in the Street!**

It's the 8th annual, all levels, free outdoor yoga class on LaSalle Road. Join us at 8am to celebrate yoga & community!