

WHY happenings

FEBRUARY 2020



sunday	monday	tuesday	wednesday	thursday	friday	saturday
Community Yoga to benefit WHY Outreach Sundays, 3-4pm \$7 donation		WHY wisdom You may do this, I tell you, it is permitted. Begin again the story of your life. ~Jane Hirshfield		Valentines' Day Healing Arts Special! 10% off all healing arts appointments booked and paid for in February. (Can be used anytime.)		1
2 \$7 Community Yoga to benefit WHY Outreach 3-4pm...Michael M. WHY Kids 3:15-4pm...Becca	3	4 WHY Slow Flow 6:15-7:30pm...Nina	5 FREE Meditation 8-9pm...Kinjal	6 WHY Outreach: FREE Yoga for Cancer 1:30-2:45pm...Nina	7 Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Christina	8 FREE Intro to Yoga 1-2pm...Jude Sweat & Surrender Workshop 1-3pm...Tony Jam Practice 5-6:30pm...Kate F.
9 Restorative Yoga Workshop 12:30-2:30pm...Christina \$7 Community Yoga to benefit WHY Outreach 3-4pm...Megan	10	11 WHY Slow Flow 6:15-7:30pm...Nina	12 FREE Meditation 8-9pm...Bethany	13	14 WHY Outreach: FREE Yoga for Recovery 6-7:30pm...Katie M.	15 Inversion Workshop 1-3pm...Nykki Couples Workshop 4-6:30pm...Carissa & Cynthia
16 \$7 Community Yoga to benefit WHY Outreach 3-4pm...Jen O.	17	18 WHY Slow Flow 6:15-7:30pm...Nina	19 FREE Meditation 8-9pm...Kathy	20 WHY Outreach: FREE Yoga for Cancer 1:30-2:45pm...Nina	21 WHY Teacher Training Module #1 Visit WHY online for any class updates or cancellations	22 WHY Teacher Training Module #1
23 WHY Teacher Training Module #1 \$7 Community Yoga to benefit WHY Outreach 3-4pm...Staff	24	25 WHY Slow Flow 6:15-7:30pm...Nina	26 FREE Meditation 8-9pm...Marina	27	28	29

HIGHLIGHTS

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 2.2 / 2.9 / 2.16 / 2.23 ... Community Yoga @ 3pm
 2.4 / 2.11 / 2.18 / 2.25 ... WHY Slow Flow @ 6:15pm
 2.5 / 2.12 / 2.19 / 2.26 ... FREE Meditation @ 8pm

2.2 WHY Kids @ 3:15pm
 2.6 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
 2.7 Restorative & Yoga Nidra Mini Workshop @ 6pm

2.8 FREE Intro to Yoga @ 1pm
 Sweat & Surrender Workshop @ 1pm
 Jam Practice @ 5pm
 2.9 Restorative Yoga Workshop @ 12:30pm
 2.14 WHY Outreach: FREE Yoga for Recovery @ 6pm
 2.15 Inversion Workshop @ 1pm
 Couples Workshop @ 4pm
 2.20 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
 2.21 / 2.22 / 2.23 Teacher Training Module #1