

# WHY happenings

MAY 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>WHY wisdom</b> Spring shows the power and love of the earth; she can grow magnificent flowers from the dirt. ~Debasish Mridha		1	2	3 <b>WHY Outreach: FREE Yoga for Cancer Patients</b> 1:30-2:45pm...Nina	4 <b>Restorative Yoga &amp; Yoga Nidra Mini Workshop</b> 6-7:30pm...Corrina	5 <b>FREE Intro to Yoga</b> 1-2pm...Sarah <b>The Art of Adjusting</b> 1-4pm...Kevin
6 <b>Sharon Salzberg: Finding Balance</b> 1-5pm <b>\$7 Community Yoga to benefit WHY Outreach</b> 3-4pm...Rachel	7	8	9	10 <b>6 week Intro to Yoga series begins</b> 6-7:15pm...Marni	11 <b>WHY Outreach: FREE Yoga for Recovery</b> 6-7:30pm...Michelle	12 <b>Community Acupuncture</b> 1-2:30pm...Dr. Kara Burkhardt <b>Yoga &amp; Bodywork</b> 1-3pm...Nykki
13 <b>Restorative Yoga Workshop</b> 12:30-3pm...Corrina & Adriana <b>\$7 Community Yoga</b> 3-4pm...Kathryn <b>Family Yoga</b> 3:15-4:15pm...Beth	14	15	16	17 <b>WHY Outreach: FREE Yoga for Cancer Patients</b> 1:30-2:45pm...Nina	18 <b>WHY Teacher Training Module #5</b> Visit WHY online for any class updates or cancellations	19 <b>WHY Teacher Training Module #5</b>
20 <b>WHY Teacher Training Module #5</b> <b>\$7 Community Yoga to benefit WHY Outreach</b> 3-4pm...Rachel	21	22	23	24	25	26 <b>Memorial Day Weekend</b> Studio open, regular schedule.
27 <b>Memorial Day Weekend</b> Regular morning schedule; afternoon classes cancelled.	28 <b>Memorial Day</b> Gentle Yoga 8-9:15am...Shankara WHY Power I 9-10:30am...Nykki Gentle Yoga 9:30-10:45am...Shankara	29	30	31 <b>WHY Outreach: FREE Yoga for Cancer Patients</b> 1:30-2:45pm...Nina		

HIGHLIGHTS	5.6 / 5.13 / 5.20 Community Yoga @ 3pm	5.12 Community Acupuncture @ 1pm Yoga & Bodywork @ 1pm
	5.3 WHY Outreach: FREE Yoga for Cancer @ 1:30pm	5.13 Restorative Yoga Workshop @ 12:30pm Family Yoga @ 3:15pm
	5.4 Restorative Yoga & Yoga Nidra Workshop @ 6pm	5.17 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
	5.5 FREE Intro to Yoga @ 1pm The Art of Adjusting @ 1pm	5.18 / 5.19 / 5.20 Teacher Training Module #5
	5.6 Sharon Salzberg: Finding Balance @ 1pm	5.27 Memorial Day Weekend: no afternoon classes
	5.10 Intro to Yoga series begins @ 6pm [6 weeks]	5.28 Gentle @ 8am / Power @ 9am / Gentle @ 9:30am
5.11 WHY Outreach: FREE Yoga for Recovery @ 6pm	5.31 WHY Outreach: FREE Yoga for Cancer @ 1:30pm	