



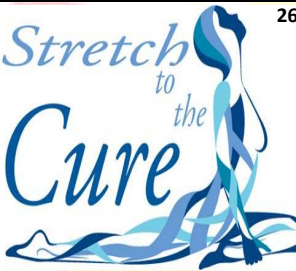



SEPTEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Consider a visit to the SPA for Sunday Specials...</p> <p>The Helio Spa is open from 1:00 p.m. until 6:00 p.m. ...</p>			1	2 8:00 Vinyasa (\$10) 12:30-1:30 Yoga for Lunch (\$10) 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)	3	4 10:30 Reiki Yoga (\$10)
5	<p>CLOSED FOR LABOR DAY</p> 	7 12:30-1:30 Yoga for Lunch* 8:00a Vinyasa Flow (\$10) 6:00 Intro to Yoga* (*Week 4)	8 NEW MOON	9 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 12:30-1:30 Yoga for Lunch* 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)	10 	11 10:30 Reiki Yoga (\$10) 1:00 Adv. Intuitive Development (Throat Chakra) by Marcella (\$25)(Open to all)
12	13 6:00 Power Yoga w/Dayal (\$13) 7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)	14 8:00a Vinyasa Flow (\$10) 12:30-1:30 Yoga for Lunch* 6:00 Intro to Yoga* (*Week 5)	15	16 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 12:30-1:30 Yoga for Lunch* 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)	17 8:00 African Drum Circle w/ Kevin Dennis (Donations)	18 10:30 Reiki Yoga (\$10) 1:00 REIKI III TRAINING (Jeanette) (\$75) (Pre-Requisite: Reiki I and II)
19 September 20-26 in honor of Stretch to the Cure Week proceeds from all yoga classes go to the National Foundation for Cancer Research!!	20 6:00 Power Yoga w/Dayal (\$13) 7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)	21 8:00a Vinyasa Flow (\$10) 12:30-1:30 Yoga for Lunch* 6:00 Intro to Yoga* (*Week 6)	22 FALL EQUINOX 6:30 – 7:30 pm LAUGHTER YOGA!!!  Laugh your way into better health this Fall...	23  FULL MOON 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 12:30-1:30 Yoga for Lunch* 3:30 Kids' Yoga (\$10) 6:00 MOON SALUTATIONS (FREE)	24	25 10:30 Reiki Yoga (\$10) 1:00 FOOD LIFE SYNERGY's Introductory Workshop (Virginia & Jeynce) (Donations) (see back for description)
26 	27 6:00 Power Yoga w/Dayal (\$13) 7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)	28 8:00a Vinyasa Flow (\$10) 12:30-1:30 Yoga for Lunch* 6:00 Intro to Yoga (New Series begins Oct. 5 th) <i>*Registration required for 6-week series ~ \$50</i>	29 	30 8:00 Vinyasa (\$10) 10:00 Gentle Yoga (\$10) 12:30-1:30 Yoga for Lunch* 3:30 Kids' Yoga (\$10) 6:00 Slow Burn Yoga (\$10)	