

SEPTEMBER 2024

Drop in \$15 cash
shellyogakirtan@gmail.com
 to save your spot



SHELL ANDRÉA
 YOGA + KIRTAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	 4 Gentle Yoga 6:30pm  Restorative Yin 8pm	 5 Gentle Yoga 10:30am	6	7
 8 Gentle Yoga & Meditation 7pm	9	10	 11 Gentle Yoga 6:30pm  Restorative Yin 8pm	 12 Gentle Yoga 10:30am  Virtual Pranayama + Yin 8pm	13	14
 15 Kirtan 1:30-3:30  Gentle Yoga & Meditation 7pm	16	17	 18 Gentle Yoga 6:30pm  Restorative Yin 8pm	 19 Gentle Yoga 10:30am	20	21
 22 Gentle Yoga & Meditation 7pm	23	24	 25 Gentle Yoga 6:30pm  Restorative Yin 8pm	 26 Gentle Yoga 10:30am	27	28
 29 Gentle Yoga & Meditation 7pm	 30 Om Circle Meditation 7pm	1	 2 Gentle Yoga 6:30pm  Restorative Yin 8pm	 3 Gentle Yoga 10:30am	4	5