

# August 2024 Yoga Schedule

Sunday	Mon	Tues	Wed	Thurs	Fri	Saturday
				1	2	3 8:30-9:30 a.m. Slow Flow Yoga Ohiopyle
4	5	6 6-7:15 p.m. All-levels Power Flow Ohiopyle	7	8	9	10 8:30-9:30 a.m. Slow Flow Yoga Ohiopyle
11	12	13 6-7 p.m. Pre/ Postnatal Yoga Chalk Hill	14	15 6-7 p.m. Yin Yoga, Breath & Meditation Ohiopyle	16	17 8:30-9:30 a.m. Slow Flow Yoga Ohiopyle
18	19	20 6-7:15 p.m. All-levels Power Flow Ohiopyle	21	22	23	24 8:30-9:30 a.m. Pre/ Postnatal Yoga Chalk Hill
25	26	27	28	29	30	