

July 2024 Yoga Schedule

Sunday	Mon	Tues	Wed	Thurs	Fri	Saturday
	1	2 6-7:15 p.m. All-levels Power Flow Ohiopyle	3	4	5	6
7	8	9	10	11 6-7 p.m. Yin Yoga, Breath & Meditation Ohiopyle	12	13 8:30-9:30 a.m. Slow Flow Yoga Ohiopyle
14	15	16 6-7:15 p.m. All-levels Power Flow Ohiopyle	17	18 6-7 p.m. Pre/ Postnatal Yoga Chalk Hill	19	20 8:30-9:30 a.m. Slow Flow Yoga Ohiopyle
21	22	23 6-7:15 p.m. All-levels Power Flow Ohiopyle	24	25	26	27 8:30-9:30 a.m. Pre/ Postnatal Yoga Chalk Hill
28	29	30 6-7:15 p.m. All-levels Power Flow Ohiopyle	31			