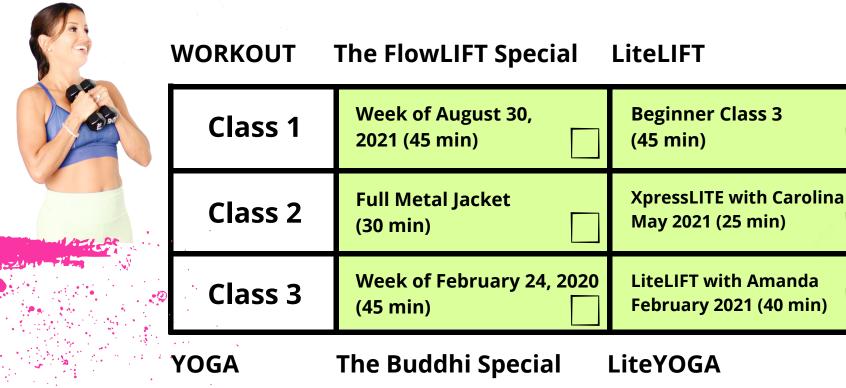
WEEK OF AUGUST 30TH



Class 1	Breathwork & MeditationWater Element (60 min)	Breathwork & Meditation Water Element (60 min)
Class 2	Get in the Groove (60 min)	Yoga for Sleep (20 min)

Notes

