

MYSTIC MOONLIGHT YOGA - FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9:30 am Slow Flow - Cyndy
3 9:30 am Buti Yoga - Alex	4 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	5 5:30 pm Gentle - Cyndy	6 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	7 6:30 pm Buti - Alex	8 9:30 am Slow Flow - Cyndy	9
10 9:30 am Buti Yoga - Alex SELF LOVE/ OPEN HOUSE 2:00-4:00 pm*	11 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	12 5:30 pm Gentle - Cyndy	13 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	14 6:30 pm Buti - Alex	15	16 9:30 am Slow Flow - Cyndy
17 9:30 am Buti Yoga - Alex	18 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	19 5:30 pm Gentle - Cyndy	20 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	21 6:30 pm Buti - Alex	22 9:30 am Slow Flow - Cyndy	23 Buti Basics worksop - Alex 10:00-11:30 am**
24 9:30 am Buti Yoga - Alex	25 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	26 5:30 pm Gentle - Cyndy	27 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	28 6:30 pm Buti - Alex		

*FREE Open house event on Feb 10 that will include sample services: yoga, massage, acupuncture, etc. Details at mysticmoonlightyoga.com

** Buti Basics workshop \$10: Buti yoga workshop geared towards yoga beginners who want an introduction before jumping into our regularly scheduled Buti yoga classes. Learn alignment, strength and conditioning and deep core-engagement techniques.

Questions: Contact alexhowlettyoga@gmail.com