

MYSTIC MOOLIGHT YOGA - JUNE 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|----------------------------------|--|--|
| | | | | | | 1 |
| 2 9:00 am Buti Yoga - Alex | 3 9:00 am Slow Flow - Cyndy 6:00 pm Gentle - Alex | 4 5:00 pm Gentle - Cyndy (studio) | 5 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex | 6 6:00 pm Buti - Alex | 7 | 8 9:00 am Slow Flow -Cyndy @ Lake* |
| 9 9:00 am Buti Yoga - Alex | 10 9:00 am Slow Flow - Cyndy 6:00 pm Gentle - Alex | 11 6:30 am DEEP - Alex 7:00 pm Gentle - Cyndy @Lake* | 12 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex | 13 6:00 pm DEEP - Alex | 14 9:00 am Slow Flow -Cyndy @ Lake* | 15 10:30 am Kids' Yoga @ Lake Stonycreek* |
| 16 9:00 am Buti Yoga - Alex | 14 9:00 am Slow Flow - Cyndy 6:00 pm Gentle - Alex | 18 6:30 am DEEP - Alex 5:00 pm Gentle - Cyndy (studio) | 19 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex | 20 6:00 pm Buti - Alex | 21 | 22 9:00 am Slow Flow -Cyndy @ Lake* |
| 23 9:00 am Buti Yoga - Alex | 24 9:00 am Slow Flow - Cyndy 6:00 pm Gentle - Alex | 25 6:30 am DEEP - Alex 7:00 pm Gentle - Cyndy @ Lake* | 26 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex | 27 6:00 pm DEEP - Alex | 28 9:00 am Slow Flow -Cyndy @ Lake* | 29 9:30 - 11:00 am Arm Balance Workshop - Alex** |
| 30 9:00 am Buti Yoga - Alex | | <p>*Rain or shine. Last lot on Somer Place Lane @ Lake Stonycreek, Google Maps: West Shore Trail, Friedens PA 15541 For full directions, visit studio website home page + scroll to bottom of the page. Class descriptions, pricing and studio info online at mysticmoonlightyoga.com **Arm balance workshop signups required. Visit mysticmoonlightyoga.com/events to register.</p> | | | | |