

**Sunday May 6th**  
**Introduction to Meditation**

6:00pm-7:30pm



**Sunday May 13th**  
**Restorative Yoga, Massage and Reiki**

10:30am-12:30pm



**Saturday May 19th**  
**Delve Deep**

3:30pm-5:00pm



**Sunday May 20th**  
**Adult Hula Hoop Workshop**

10:30am-12:00pm



**Meditation Techniques Series**

6pm-7pm

**Sunday May 27th**  
**Meditation Techniques Series**

6pm-7pm



**Closed Monday May 28th Memorial Day**

**For more information on these workshops and special classes visit us at [unplugyoga.com](http://unplugyoga.com)**

**Find us on**

**Instagram:** #unplugbemindful

**Facebook:** @unplugbemindful

**MindBody:** Unplug & Be Mindful Yoga

*Then take time to Unplug*

Massage, Reiki and Private Yoga Sessions can be booked via email or phone

**Namaste**

