

# June Workshops and Special Classes

Saturday June 9th

**Beach Yoga**

8am-9am



**June Hands On Assist Workshop**

11:30am-1:30pm



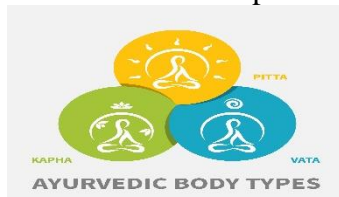
Sunday June 10th

**Beach Yoga**

8am-9am

**Ayurveda Part 2**

10:30am-12:30pm



**Meditation Techniques Series**

6pm-7pm

Saturday June 16th

**Beach Yoga**

8am-9am

**Restorative Yoga, Massage and Reiki**

11:30am-1:30pm



Sunday June 17th

**Beach Yoga**

8am-9am

Friday June 22th

**Restorative Yoga, Mantra and Live Music**

6:00pm-7:30pm



Saturday June 23rd

**Yoga for the Anxious Child**

2pm-3pm

Sunday June 30th

**Beach Yoga**

8am-9am

**Introduction to Ayurveda Part 3**

10:30am-12:30pm