

LOVE YOGA JANUARY 2025

SCHEDULE @ LOVEYOGASTUDIOS.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30AM FLOW 5:30PM STRONG 6:45PM RESTORATIVE	2 9:30AM FLOW 5:30PM GENTLE & MEDITATION	3 9:30AM FLOW 11:00AM CHAIR	4 9:00AM ALL FLOW 10:30AM Mini Power Flow 12:00Noon Yoga Basics for Beginners 1pm Tonal Demos
5 9:30AM FLOW 10:30AM BEGINNERS YOGA 101 12:00Noon Sun Salutation Workshop 5:30PM FLOW 6:45PM RESTORATIVE	6 9:30AM FLOW 5:30PM GENTLE	7 9:30AM FLOW 5:30PM FLOW	8 9:30AM FLOW 5:30PM STRONG 6:45PM RESTORATIVE	9 9:30AM FLOW 5:30PM GENTLE & MEDITATION	10 9:30AM FLOW 11:00AM CHAIR	11 9:00AM ALL FLOW SOUL COMPASS WORKSHOP 10:30-NOON.
12 9:30AM FLOW 5:30PM FLOW	13 9:30AM FLOW 5:30PM GENTLE	14 9:30AM FLOW 5:30PM FLOW	15 9:30AM FLOW 10:45am FUNdamentals Align 5:30PM STRONG 6:45PM RESTORATIVE	16 9:30AM FLOW 5:30PM GENTLE & MEDITATION	17 9:30AM FLOW 11:00AM CHAIR	18 9:00AM ALL FLOW 10:30am Mindful Practices Workshop
19 9:30AM FLOW 5:30PM FLOW	20 9:30AM FLOW 5:30PM GENTLE	21 9:30AM FLOW 5:30PM FLOW 6:45PM CHAKRA FLOW	22 9:30AM FLOW 10:30am Sarahs Social 5:30PM STRONG 6:45PM RESTORATIVE	23 9:30AM FLOW 5:30PM GENTLE & MEDITATION	24 9:30AM FLOW 11:00AM CHAIR	25 9:00AM ALL FLOW
26 9:30AM FLOW 5:30PM FLOW	27 9:30AM Qi GONG FLOW 5:30PM GENTLE	28 9:30AM FLOW 5:30PM FLOW	29 9:30AM FLOW 5:30PM STRONG 6:45PM RESTORATIVE	30 9:30AM FLOW 5:30PM GENTLE & MEDITATION	31 9:30AM FLOW 11:00AM CHAIR	Ask the teachers about the Bonus Point Opportunities in the studio & try something new!

EXPAND YOUR HORIZONS CHALLENGE:

Teachers	Bonus Points	Extra Credit	Notes /// /// _____
<input type="checkbox"/> Aunnie	<input type="checkbox"/> Mini Trampoline	<input type="checkbox"/> Meditation 5-20 min. _____	
<input type="checkbox"/> Anita	<input type="checkbox"/> Wrist Brackets	<input type="checkbox"/> Extra Hydration _____	
<input type="checkbox"/> Amanda	<input type="checkbox"/> Hand Grip Tester	<input type="checkbox"/> STEPS! _____	
<input type="checkbox"/> Bee	<input type="checkbox"/> Headstand Stand	<input type="checkbox"/> Protein?every meal _____	
<input type="checkbox"/> Karrin	<input type="checkbox"/> Vibration Plate	<input type="checkbox"/> <25g sugar/day _____	
<input type="checkbox"/> Sarah	<input type="checkbox"/> Yoga Ball	<input type="checkbox"/> Lift heavy things _____	
<input type="checkbox"/> Christine	<input type="checkbox"/> Walking Pad	<input type="checkbox"/> Sleep Support _____	
<input type="checkbox"/> Payton	<input type="checkbox"/> Acupressure mat	<input type="checkbox"/> Supplements _____	
<input type="checkbox"/> Susan	<input type="checkbox"/> Tonal Demo	<input type="checkbox"/> Time in Nature (grounding, sunlight, etc.) _____	
<input type="checkbox"/> Suzanne	<input type="checkbox"/> Soul Compass wkshp	<input type="checkbox"/> _____	

Love Yoga Studio Challenge details: www.loveyogastudios.com/events.

Circle classes taken and Check as many boxes as you can.

Submit by Feb 3rd for drawing. FIVE Spectacular Prizes! Questions? love@loveyogastudios.com

**REMEMBER TO
MAKE IT FUN!**