

AUGUST 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Good Morning Bhakti Flow with Chris 10-11:15am
2 Warm Sunday Morning Flow with Tricia 10-11:15am	3	4	5 Restorative with Chris 5:30pm Restorative with Ben 7pm	6 Thursday Night Yoga Club* with Tricia *Chair Yoga Edition! 7-8:15pm	7	8 Good Morning Vinyasa with Endira (subbing) 10-11:15am
9 Warm Sunday Morning Flow with Tricia 10-11:15am Sunday Evening Reset with Pechta 7-8:15pm	10	11	12 Restorative with Chris 5:30pm Restorative with Ben 7pm	13 Thursday Night Yoga Club with Tricia 7-8:15pm	14	15 Good Morning Bhakti Flow with Chris 10-11:15am Community Night at Aumana 7-9pm
16 Warm Sunday Morning Flow with Tricia 10-11:15am **Sunday Monthly Reset with Pechta 7-8:15pm **special journaling and sound bath series	17	18	19 Restorative with Chris 5:30pm Restorative with Ben 7pm	20 Thursday Night Yoga Club with Tricia 7-8:15pm	21	22 Good Morning Bhakti Flow with Chris 10-11:15am
23 Warm Sunday Morning Flow with Tricia 10-11:15am	24 Book Club at Jen's House 6-7:30pm	25	26 Restorative with Chris 5:30pm Restorative with Ben 7pm	27 Thursday Night Yoga Club with Tricia 7-8:15pm	28	29 Good Morning Bhakti Flow with Chris 10-11:15am Yoga Foundations Workshop with Tricia 2-4pm *\$25
30 Warm Sunday Morning Flow with Tricia 10-11:15am	31					