

# June

## Insight Counseling & Wellness Yoga Schedule

Online registration is required. To register visit: [www.insightmadison.com/yogastudio](http://www.insightmadison.com/yogastudio)

1943 Winnebago St., Madison, WI

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		12-1 p.m. Insight Flow with Maureen	9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen	6-7 p.m. Gentle Yoga with Kim	12-1 p.m. Gentle Yoga with Kim	
5	6	7	8	9	10	11
	12-1 p.m. Slow Flow with Maureen 6-7 p.m. Insight Flow with Ariyanna	12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	11:30-12:45 Yoga for Healing Trauma Series with Nikki 6-7 p.m. Gentle Yoga with Kim	12-1 p.m. Gentle Yoga with Kim	9-10 a.m. Aerial Yoga Foundations with Ariyanna 10:30-11:30 a.m. Aerial Yoga Foundations with Ariyanna
12	13	14	15	16	17	18
6:30-8 p.m. Restorative SomaYin with Kim	12-1 p.m. Slow Flow with Maureen 6-7 p.m. Insight Flow with Jeanne	12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	11:30-12:45 Yoga for Healing Trauma Series with Nikki 6-7 p.m. Gentle Yoga with Kim	12-1 p.m. Gentle Yoga with Kim	9-10:30 a.m. Restore and Reiki with Maureen
19	20	21	22	23	24	25
	12-1 p.m. Slow Flow with Maureen 6-7 p.m. Insight Flow with Jeanne	12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	11:30-12:45 Yoga for Healing Trauma Series with Nikki 6-7 p.m. Gentle Yoga with Kim	12-1 p.m. Gentle Yoga with Kim	9-10 a.m. Aerial Yoga Foundations with Ariyanna 10:30-11:30 a.m. Aerial Yoga Foundations with Ariyanna
26	27	28	29	30		
6-7:30 p.m. Four Elements Workshop with Kate	12-1 p.m. Slow Flow with Maureen 6-7 p.m. Insight Flow with Jeanne	12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	11:30-12:45 Yoga for Healing Trauma Series with Nikki 6-7 p.m. Gentle Yoga with Kim		