

# April – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 30 <i>* Asterisk denotes offerings not open to CCS consumers</i>	March 31 <b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA	April 1 <b>Slow Flow</b> with Valerie, 12-1 p.m., East	2 <b>Slow Flow</b> with Rachel, 12-1 p.m., East	3 <b>Slow Flow</b> with Aimee, 6:30-7:45 p.m., VERONA	4	5 <b>Insight Karma</b> with Valerie, 9-10 a.m., VERONA – FREE!
6	7 <b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA <b>Yoga Nidra</b> with Claire, 7:30-8:30 p.m., East	8 <b>Slow Flow</b> with Valerie, 12-1 p.m., East	9 <b>Slow Flow</b> with Rachel, 12-1 p.m., East	10 <b>Slow Flow</b> with Aimee, 6:30-7:45 p.m., VERONA	11	12 <b>*Silent Day Retreat</b> with Jeanne, 10 a.m.-4 p.m., VERONA
13 <b>Essential Yoga</b> with Jeanne, 5-6:15 p.m. East	14 <b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA	15 <b>Slow Flow</b> with Valerie, 12-1 p.m., East	16 <b>Slow Flow</b> with Rachel, 12-1 p.m., East	17 <b>Slow Flow</b> with Aimee, 6:30-7:45 p.m., VERONA	18	19
20 <b>*Aerial Sound Bath</b> with Miranda, 6-7 p.m. East	21 <b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA	22 <b>Slow Flow</b> with Valerie, 12-1 p.m., East	23 <b>Slow Flow</b> with Rachel, 12-1 p.m., East	24 <b>Slow Flow</b> with Aimee, 6:30-7:45 p.m., VERONA	25	26
27	28 <b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA	29 <b>Slow Flow</b> with Valerie, 12-1 p.m., East <b>New Moon Yoga Nidra</b> with Savannah, 7-8 p.m., East	30 <b>Slow Flow</b> with Rachel, 12-1 p.m., East	May 1 <b>Slow Flow</b> with Aimee, 6:30-7:45 p.m., VERONA	May 2 <b>Yoga for Teens</b> with Claire and Kate 2 options: 10-11:30 a.m., East 1:30-3 p.m., East	May 3