

# April 2024

Sunday	Monday	Tuesday	Thursday
	1 **New Session Starts! 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	2 9-10:15am Yin & Restorative via Zoom Partnership w/ Camille's Maple City *Register for Zoom link	4 5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
7 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	8 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	9 9-10:15am Yin & Restorative via Zoom Partnership w/ Camille's Maple City *Register for Zoom link	11 **NO CLASS TODAY!**
14 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	15 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	16 9-10:15am Yin & Restorative via Zoom Partnership w/ Camille's Maple City *Register for Zoom link	18 5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
21 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	22 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	23 9-10:15am Yin & Restorative via Zoom Partnership w/ Camille's Maple City *Register for Zoom link	25 5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
28 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	29 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	30 **Last Class!** 9-10:15am Yin & Restorative via Zoom Partnership w/ Camille's Maple City *Register for Zoom link	
<p><b>**April and May 2024 Guided Forest Therapy sessions**</b> Check social media pages and website for updated info!</p>			

- Class registration required by 9pm the night before class day
- Links to register:
  - Sundays, Tuesdays, and Thursdays:
    - <https://www.stillnessandstrengthyoga.com/community-class-registration.html>
  - Mondays:
    - <https://www.yogaforhealthtc.com/fallclasses2023>
  - Guided Forestbathing sessions:
    - <https://www.stillnessandstrengthyoga.com/guided-forest-therapy-sessions.html>

