

February 2024

Sunday	Monday	Tuesday	Thursday
4			1 5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
4 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	5 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	6 9-10:15am Yin & Restorative via Zoom Partnership w/ Camille's Maple City *Register for Zoom link	8 5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
11 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	12 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	13 **no class 2/13**	15 5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
18 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	19 **sub for Kristen** 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	20 **no class 2/20**	22 **no class 2/22**
25 9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	26 10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	27 9-10:15am Yin & Restorative via Zoom Partnership w/ Camille's Maple City *Register for Zoom link	29 5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City

****February and March 2024 Guided Forestbathing sessions****
Check social media pages and website for updated info!

- 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>

