

May 2023

Sunday	Monday	Tuesday	Thursday
	1 3-4pm Gentle Flow & Restore ReWild TC	2 9-10:15am Yin & Restore via Zoom or in-person Camille's Maple City *Register for Zoom link	4 8:45-9:45am Yin & Restore ReWild TC 10-11am Vinyasa Flow ReWild TC 5:30pm Gentle Flow & Restore SBBC Maple City
7 9:30am Yin & Restorative SBBC Maple City	8 3-4pm Gentle Flow & Restore ReWild TC	9 9-10:15am Yin & Restore via Zoom or in-person Camille's Maple City *Register for Zoom link	11 8:45-9:45am Yin & Restore ReWild TC 10-11am Vinyasa Flow ReWild TC 5:30pm Gentle Flow & Restore SBBC Maple City
14 9:30am Yin & Restorative SBBC Maple City	15 3-4pm Gentle Flow & Restore ReWild TC	16 9-10:15am Yin & Restore via Zoom or in-person Camille's Maple City *Register for Zoom link 9-10:15am Yin & Restore via Zoom or in-person @ Camille's Maple City *Register for Zoom link	18 8:45-9:45am Yin & Restore ReWild TC 10-11am Vinyasa Flow ReWild TC 5:30pm Gentle Flow & Restore SBBC Maple City
21 9:30am Yin & Restorative SBBC Maple City	22 3-4pm Gentle Flow & Restore ReWild TC	23 9-10:15am Yin & Restore via Zoom or in-person Camille's Maple City *Register for Zoom link	25 8:45-9:45am Yin & Restore ReWild TC 10-11am Vinyasa Flow ReWild TC 5:30pm Gentle Flow & Restore SBBC Maple City
28 9:30am Yin & Restorative SBBC Maple City 11:30-12:15pm FREE Meditation Class ReWild TC	29 3-4pm Gentle Flow & Restore ReWild TC	30 9-10:15am Yin & Restore via Zoom or in-person Camille's Maple City *Register for Zoom link 6-7pm Gentle Flow & Restore North Love TC	

- Class registration required by the night before class day
- Sleeping Bear Bay Club (SBBC) and Camille's Studio:
 - Register at www.stillnessandstrengthyoga.com
- ReWild Studio: Register with our App or at <https://rewildyogastudio.com/>
- Welcome to bring own personal yoga props
 - used in every class: one mat, 1-2 bolsters (or firm pillows), two blocks, 2-3 blankets, one yoga strap (welcome to bring an eye pillow for restorative!)

