

February 2025

	Wednesday	Thursday	Friday	Saturday	Sunday
<p>In-person yoga classes: \$10 drop-in</p>				<p>1 Hatha/Vinyasa 10-11 am Havala</p>	<p>2 Meditation 9:30-10:30 am</p>
<p>In-person meditation: \$10 suggested donation</p> <p>Facebook: facebook.com/lostriveryoga</p>	<p>5 Meditation (Online) 7-7:30pm</p>	<p>6 Yin+Yoga Nidra (Hybrid) 5:30-7:00 pm Havala</p>	<p>7 Chair 10:30-11:15 am Pia</p>	<p>8 Hatha/Vinyasa 10-11 am Pia</p>	<p>9 Meditation 9:30-10:30 am</p>
<p>Web: https://lostriveryoga.org</p>	<p>12 Meditation (Online) 7-7:30pm</p>		<p>14 Chair 10:30-11:15 am Pia</p>	<p>15 Hatha/Vinyasa 10-11 am Havala</p>	<p>16 Meditation 9:30-10:30 am</p>
<p>E-mail us with questions, or for links to Wednesday meditation and/or Thursday yin+yoga nidra:</p> <p>lostriveryoga@gmail.com</p>	<p>19 Meditation (Online) 7-7:30pm</p>	<p>20 Yin+Yoga Nidra (Hybrid) 5:30-7:00 pm Havala</p>	<p>21 Chair 10:30-11:15 am Pia</p>	<p>22 Hatha/Vinyasa 10-11 am Pia</p>	<p>23 Meditation 9:30-10:30 am</p>
<p>All are welcome.</p>	<p>26 Meditation (Online) 7-7:30pm</p>		<p>28 Chair 10:30-11:15 am Havala</p>		