



April 2025

	Friday	Saturday	Sunday	
<p>Yoga: \$10 drop-in</p> <p>Meditation: \$10 suggested donation</p> <p>Facebook: facebook.com/lostriveryoga</p> <p>Web: https://lostriveryoga.org</p> <p>E-mail: lostriveryoga@gmail.com</p> <p>All are welcome.</p>	4	5	6	
	Chair 10:30-11:15 am Pia	Hatha/ Vinyasa 10-11 am Pia	Meditation 9:30-10:30 am	
	11	12	13	
	Yin+ Yoga Nidra 5-6:30 pm Havala	Vinyasa 10-11 am Joyce	Gentle/Chair 11:15-12:15 Joyce	Meditation 9:30-10:30 am
	18	19	20	
Chair 10:30-11:15 am Havala	Yoga for Big Feelings 5-6:00 pm Havala	Hatha/ Vinyasa 10-11 am Havala	Meditation 9:30-10:30 am	
25	26	27		
Chair 10:30-11:15 am Pia	Yin+ Yoga Nidra 5-6:30 pm Havala	Hatha/ Vinyasa 10-11 am Pia	Meditation 9:30-10:30 am	