



# March 2025

Daylight savings is March 9 -  
 sunset will be at 7:16 pm!  
 Spring Equinox is March 20

Yoga: \$10 drop-in

Meditation:  
 \$10 suggested donation


Facebook:  
[facebook.com/lostriveryoga](https://facebook.com/lostriveryoga)

Web:  
<https://lostriveryoga.org>

E-mail:  
[lostriveryoga@gmail.com](mailto:lostriveryoga@gmail.com)

All are welcome.

**New Workshop**  
*Awakening the Peaceful Warrior*  
 March 22, April 19,  
 May 17, June 14 2-4 pm



Thursday	Friday	Saturday	Sunday
		1 Hatha/Vinyasa 10-11 am Pia	2  Meditation 9:30-10:30 am
6	7 Chair 10:30-11:15 am Pia	8 Hatha/Vinyasa 10-11 am Joyce	9 Gentle Flow 11:15-12:15 Joyce
13 Yoga for Big Feelings 5:30-6:30pm Havala	14 Chair 10:30-11:15 am Havala	15 Hatha/Vinyasa 10-11 am Havala	16 Gentle Flow 11:15-12:15 Joyce
20 Yin+Yoga Nidra 5:30-7:00 pm Havala	21 Chair 10:30-11:15 am Pia	22 Hatha/Vinyasa 10-11 am Pia	23 Peaceful Warrior 2-4 pm Havala
27	28 Chair 10:30-11:15 am Havala	29 Hatha/Vinyasa 10-11 am Havala	30 Meditation 9:30-10:30 am