

# February 2024

HEART & SOUL YOGA  
with Sharon



SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2 9-10 AM Mid-AM Gentle Flow	3 8-9 AM. Self-Care Hatha
4	5 5:45-6:45 AM Early AM Hatha 9-10 AM Mid-AM Gentle 5:30-6:30 PM Mindful Movement	6	7 6:30-7:30 Rise & Flow 9-10 AM Accessible/Chair	8	9 9-10 AM Mid-AM Gentle Flow	10 8-9 AM. Self-Care Hatha
11	12 5:45-6:45 AM Early AM Hatha 9-10 AM Mid-AM Gentle 5:30-6:30 PM Mindful Movement	13	14 6:30-7:30 Rise & Flow 9-10 AM Accessible/Chair	15	16 9-10 AM Mid-AM Gentle Flow	17 8-9 AM. Self-Care Hatha
18	19 5:45-6:45 AM Early AM Hatha 9-10 AM Mid-AM Gentle 5:30-6:30 PM Mindful Movement	20	21 6:30-7:30 Rise & Flow 9-10 AM Accessible/Chair	22	23 9-10 AM Mid-AM Gentle Flow	24 8-9 AM. Self-Care Hatha
25	26 5:45-6:45 AM Early AM Hatha 9-10 AM Mid-AM Gentle 5:30-6:30 PM Mindful Movement	27	28	29	1	2

NO YOGA CLASSES FEB 28 - March 2

BOOKING WEBSITE: [momoyoga.com/heart-and-soul-yoga-with-sharon](http://momoyoga.com/heart-and-soul-yoga-with-sharon)

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