



HEART & SOUL YOGA
with Sharon

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
No Classes Website is now open to BOOK for the months of Jan/Feb						
7	8	9	10	11	12	13
Jan. 1 - Jan. 11					9-10 AM Mid-AM Gentle Flow	8-9 AM. Self-Care Hatha
14	15	16	17	18	19	20
	5:45-6:45 AM Early AM Hatha 9-10 AM Mid-AM Gentle 5:30-6:30 PM Mindful Movement		6:30-7:30 Rise & Flow 9-10 AM Accessible/Chair	6-7 Pm Light Weights 7:15-8:15 AM Restorative	9-10 AM Mid-AM Gentle Flow	8-9 AM. Self-Care Hatha
21	22	23	24	25	26	27
	5:45-6:45 AM Early AM Hatha 9-10 AM Mid-AM Gentle 5:30-6:30 PM Mindful Movement		6:30-7:30 Rise & Flow 9-10 AM Accessible/Chair	6-7 Pm Light Weights 7:15-8:15 AM Restorative	9-10 AM Mid-AM Gentle Flow	8-9 AM. Self-Care Hatha
28	29	30	31	1	2	3
	5:45-6:45 AM Early AM Hatha 9-10 AM Mid-AM Gentle 5:30-6:30 PM Mindful Movement		6:30-7:30 Rise & Flow 9-10 AM Accessible/Chair			

BOOKING WEBSITE: momoyoga.com/heart-and-soul-yoga-with-sharon

Do your own
thing