

May 2024

Sunday	Monday	Thursday
		2
	10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
5	6	9
9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
12	13	16
9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
19	20	23
9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	10:30-11:45am Beginning & Beyond Yoga for Health Education Traverse City Commons	5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City
26	27	30
9:30-10:45am Yin & Restorative Sleeping Bear Bay Club Maple City	**NO CLASS! Happy Memorial Day!	5:30-6:45pm Gentle Flow & Restorative Sleeping Bear Bay Club Maple City **last class until Fall!**

- Class registration required by night before class day
- Links to register:
 - Sundays and Thursdays:
 - <https://www.stillnessandstrengthyoga.com/community-class-registration.html>
 - Mondays:
 - <https://www.yogaforhealthtc.com/fallclasses2023>
 - Guided Forestbathing sessions:
 - <https://www.stillnessandstrengthyoga.com/guided-forest-therapy-sessions.html>

