


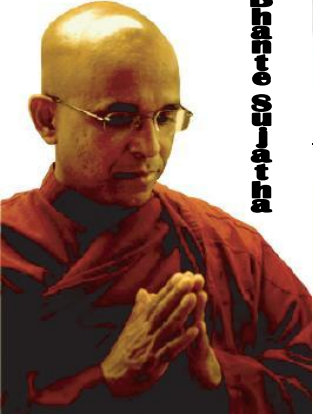





# AUGUST



# 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>Consider a visit to the SPA for Sunday Specials...</p> <p>The Helio Spa is open from 1:00 p.m. until 6:00 p.m. ...</p>	<p><b>2</b></p> <p>12:30-1:30 Yoga for Lunch* (* Pre-Registration Required)</p> <p>6:00 Power Yoga w/Dayal (\$13)</p> <p>7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p><b>3</b></p> <p>12:30-1:00 Yoga for Lunch*</p> <p>8:00a Vinyasa Flow (\$10)</p> <p>6:00 Intro to Yoga* (*New Six week Series begins August 17<sup>th</sup>)</p>	<p><b>4</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>9:00pm-3:00am Red Bull Sponsored "Music meets Fashion", Fashion Show at The Kennedy, a boutique lounge (2408 W. Kennedy Blvd.)</p>	<p><b>5</b></p> <p>8:00 Vinyasa (\$10)</p> <p>10:00 Gentle Yoga (\$10)</p> <p>12:30-1:30 Yoga for Lunch*</p> <p>3:30 Kids' Yoga (\$10)</p> <p>6:00 Slow Burn Yoga (\$10)</p>	<p><b>6</b></p> <p>12:30-1:30 Yoga for Lunch*</p>	<p><b>7</b></p> <p>10:30 Reiki Yoga (\$10)</p> 
<p><b>8</b></p> <p>SUMMER SPECIALS CONTINUE @ the Helio Spa:</p> <p>@ the Wellness Center: 1 HR SPORTS MASSAGE \$50</p>	<p><b>9</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>6:00 Power Yoga w/Dayal (\$13)</p> <p>7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p><b>10</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>8:00a Vinyasa Flow (\$10)</p> <p>6:00 Intro to Yoga* (*New Six week Series begins August 17<sup>th</sup>)</p>	<p><b>11</b></p> <p>12:30-1:30 Yoga for Lunch*</p>	<p><b>12</b></p> <p>8:00 Vinyasa (\$10)</p> <p>10:00 Gentle Yoga (\$10)</p> <p>12:30-1:30 Yoga for Lunch*</p> <p>3:30 Kids' Yoga (\$10)</p> <p>6:00 Slow Burn Yoga (\$10)</p>	<p><b>13</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>7:00 HEALING THROUGH LOVING KINDNESS PRACTICE with BHANTE SUJATHA (\$25)</p>	<p><b>14</b></p> <p>10:00 HEALING THROUGH LOVING KINDNESS PRACTICE with BHANTE SUJATHA (\$25)</p> <p>1:00 Advanced Intuitive Development (Heart Chakra) by Marcella (\$25) (Open to all)</p>
<p><b>15</b></p> <p>4:00 MINDFULNESS MEDITATION with BHANTE SUJATHA (\$25)</p>  <p style="writing-mode: vertical-rl; transform: rotate(180deg);">BHANTE SUJATHA</p>	<p><b>16</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>6:00 Power Yoga w/Dayal (\$13)</p> <p>7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p><b>17</b></p> <p>8:00a Vinyasa Flow (\$10)</p> <p>12:30-1:30 Yoga for Lunch*</p> <p>6:00 Intro to Yoga* (*Registration required for 6-week series ~ \$50)</p>	<p><b>18</b></p> <p>12:30-1:30 Yoga for Lunch*</p> 	<p><b>19</b></p> <p>8:00 Vinyasa (\$10)</p> <p>10:00 Gentle Yoga (\$10)</p> <p>12:30-1:30 Yoga for Lunch*</p> <p>3:30 Kids' Yoga (\$10)</p> <p>6:00 Slow Burn Yoga (\$10)</p>	<p><b>20</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>8:00 African Drum Circle w/ Kevin Dennis (Donations)</p>	<p><b>21</b></p> <p>10:30 Reiki Yoga (\$10)</p> <p>1:00 REIKI I TRAINING (Jeanette) (\$75) (Open to all)</p>
	<p><b>23</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>6:00 Power Yoga w/Dayal (\$13)</p> <p>7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p><b>24</b></p> <p>8:00a Vinyasa Flow (\$10)</p> <p>12:30-1:30 Yoga for Lunch*</p> <p>6:00 Intro to Yoga* (* Pre-Registration Required)</p> 	<p><b>25</b></p> <p>6:00 HCG SUPPORT GROUP MEETING: Learn new recipes and new ideas for your new life style &amp; maintenance...</p>	<p><b>26</b></p> <p>8:00 Vinyasa (\$10)</p> <p>10:00 Gentle Yoga (\$10)</p> <p>12:30-1:30 Yoga for Lunch*</p> <p>3:30 Kids' Yoga (\$10)</p> <p>6:00 Slow Burn Yoga (\$10)</p>	<p><b>27</b></p> <p>12:30-1:30 Yoga for Lunch*</p>	<p><b>28</b></p> <p>10:30 Reiki Yoga (\$10)</p> <p>1:00 FOOD LIFE SYNERGY Intro Workshop</p>
<p><b>29</b></p> 	<p><b>30</b></p> <p>12:30-1:30 Yoga for Lunch*</p> <p>6:00 Power Yoga w/Dayal (\$13)</p> <p>7:30 Prenatal/Postnatal Yoga w/Dayal (\$13)</p>	<p><b>31</b></p> <p>8:00a Vinyasa Flow (\$10)</p> <p>12:30-1:30 Yoga for Lunch*</p> <p>6:00 Intro to Yoga*</p> 