

April@NOURISH

EAT. MOVE. THRIVE.

NourishNorthernMichigan.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10a: Easy Flow - EE 7p: Flow Yoga - CS	10a: Gentle Yoga - SS 5:30p: \$5 Yoga - SS	10a: Chair Yoga -EE 12:10p: 40min Flow-SS	10a: Slow Flow Yoga-CS 5:30p: Vinyasa Yoga-AV	8:30a: Flow Yoga -CS 10a: Easy Flow -EE 12p: Slow Flow Yoga-JB	9:00a: \$5 Yoga - SB
7	8	9	10	11	12	13
9a: \$5 Flow Yoga -CS 2p: Reiki Share	10a: Easy Flow - EE 7p: Flow Yoga - CS	10a: Gentle Yoga - SS 5:30p: \$5 Yoga - JB	10a: Chair Yoga -EE 12:10p: 40min Flow-SS 5:30p: Partner Yoga -SB	10a: Slow Flow Yoga-CS 5:30p: Vinyasa Yoga-AV	8:30a: Flow Yoga -CS 10a: Easy Flow -EE 12p: Slow Flow Yoga-JB	9:00a: \$5 Yoga - AV
14	15	16	17	18	19	20
9a: \$5 Flow Yoga -CS 3-5p: Cooking Club* *RSVP	10a: Easy Flow - EE 7p: Flow Yoga - CS	10a: Gentle Yoga - SS 5:30p: \$5 Yoga - SB	10a: Chair Yoga -EE 12:10p: 40min Flow-SS	10a: Slow Flow Yoga-CS 5:30p: Vinyasa Yoga-AV	8:30a: Flow Yoga -CS 10a: Easy Flow -EE 12p: Slow Flow Yoga-JB	9:00a: \$5 Yoga - CS
21	22	23	24	25	26	27
9a: \$5 Flow Yoga -CS	10a: Easy Flow - EE 7p: Flow Yoga - CS	10a: Gentle Yoga - SS 4p: Kids' Yoga Play- CS 5:30p: \$5 Yoga - CS	10a: Chair Yoga -EE 12:10p: 40min Flow-SS 5:30p: Healing Touch Yin -SB	10a: Slow Flow Yoga-CS 5:30p: Vinyasa Yoga-AV 6-8p: Soul Care @ The Headlands* *RSVP	8:30a: Flow Yoga -CS 10a: Easy Flow -EE 12p: Slow Flow Yoga-JB	9:00a: \$5 Yoga - JB
28	29	30				
9a: \$5 Flow Yoga -CS	10a: Easy Flow - EE 7p: Flow Yoga - CS	10a: Gentle Yoga - SS 5:30p: \$5 Yoga - EE				

INSTRUCTORS DENOTED BY INITIALS : AK - ASHLEY VALOT, EE - EMILY ECKHART, CS - CHRISTY STEMPKY,
JB - JESICA BUNKER, SB - SHAWN BURTCH, SS - SHANEY SANGSTER