

May Wellness

MON	TUE	WED	THU	FRI	SAT	SUN
27 Chair Yoga 2pm	28 Mindfulness Meditation 6pm	29	30	01 *U.S. Ed Forum*	02	03
04 Chair Yoga 2pm	05	06 Qigong w/Donna 11am	07	08 Movement with Mark 11am	09	10
11 Chair Yoga w Sharon R. 2pm	12 Just Breathe 12pm	13	14	15 Yoga Nidra 3pm	16	17
18 Chair Yoga 2pm Party!	19 Dance Therapy 12pm	20	21 Gentle Yoga 11am	22	23	24
25 *Office Closed Memorial Day*	26 Mindfulness Meditation 6pm	27	28 Get Fit w/Sharon 1pm	29 Sound Bath 2pm	30	31

all times listed in Eastern Time (EDT)