



June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 6:30 am Yoga Flow	3	4 9:30 am Polishing Tai Chi
5 9:30 am Start your week right Yoga 6:30 pm Free Qi Gong	6	7 10:30 am Beginners Tai Chi	8 5:30 pm Introduction to Energy Medicine	9 6:30 am Yoga Flow	10	11 9:30 am Polishing Tai Chi 11:00 Sacred Dance
12 9:30 am Start your week right Yoga	13	14 10:30 am Beginners Tai Chi	15 4:00 Free Community Acupuncture	16 6:30 am Yoga Flow	17 6:30 pm Yoga and Acupuncture	18 10:00 Push Hands
19 9:30 am Start your week right Yoga 6:30 pm Free Qi Gong	20	21 10:30 am Beginners Tai Chi	22 6:30 Yoga and Acupuncture	23 6:30 am Yoga Flow	27	28 9:30 am Polishing Tai Chi
29 9:30 am Start your week right Yoga 6:30 pm Free Qi Gong	30	31 10:30 am Beginners Tai Chi				