

Butterfly Wellness Yoga Center for Healing Arts September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 2p Yoga 101 4:15p Chair Yoga 5:30p Community Acupuncture 10\$-50\$ Sliding Scale	4 9:30a Hatha Yoga 4:15p Somatic Yoga 6:15p Yoga Nidra (Meditation)	5 2:00p Yoga Flow 6:00p Flow into Stillness	6 9:30a Power Flow 11:00a Align and Explore 4:15p Core Strengthening 7:00p Restorative Sound Bath \$14 Non-Member	7 Paint and Sip 12-3p \$40 (\$36 Members)
8	9	10 2p Yoga 101 4:15p Chair Yoga	11 9:30a Hatha Yoga 4:15 Somatic Yoga 6:15p Yoga 101	12 2:00p Yoga Flow 6:00p Flow into Stillness	13 9:30a Power Flow 11:00a Align and Explore 4:15p Core Strengthening	14 10:30a Somatic Yoga Tie Dye Workshop 12p-3 \$60 (\$54 Member)
15	16	17 2p Yoga 101 4:15p Chair Yoga 6:30p Medicinal Mushroom Talk \$14 Non-Member	18 9:30a Hatha Yoga 4:15 Somatic Yoga 6:15p Yoga Nidra (Meditation)	19 2:00p Yoga Flow 6:00p Flow into Stillness 7:15p Mind, Body and Soul Book Club \$14 Non-Member	20 9:30a Power Flow 11:00a Align and Explore 4:15p Core Strengthening 7:00p Restorative Sound Bath \$14 Non-Member	21
22	23	24 2p Yoga 101 4:15p Chair Yoga	25 9:30a Hatha Yoga 4:15 Somatic Yoga 6:15p Somatic Meditation	26 2:00p Yoga Flow 6:00p Flow into Stillness	27 9:30a Power Flow 11:00a Align and Explore 4:15p Core Strengthening	28 10:30a Somatic Yoga
29	30		864-897-9958	www.butterflywellnessyoga.com	815 W Main St. Pickens 29671	