

# Yoga Sessions May Schedule

May 1, 2025 Thu	☀️	Anna	7:30 - 8:30am	May 17, 2025 Sat	☀️	Deni	7:30 - 8:30am
May 2, 2025 Fri	☀️	Anna	7:30 - 8:30am	May 18, 2025 Sun	☀️	Deni	7:30 - 8:30am
May 3, 2025 Sat	☀️	NO YOGA		May 19, 2025 Mon	☀️	Sierra	7:30 - 8:30pm
May 4, 2025 Sun	☀️	Sierra	7:30 - 8:30am	May 20, 2025 Tue	☀️	Anna	7:30 - 8:30am
May 5, 2025 Mon	☀️	NO YOGA		May 21, 2025 Wed	☀️	Deni	7:30 - 8:30am
May 6, 2025 Tue	☀️	Anna	7:30 - 8:30am	May 21, 2025 Wed	🌙	Sierra	7:30 - 8:30pm
May 7, 2025 Wed	☀️	Sierra	7:30 - 8:30am	May 22, 2025 Thu	☀️	Anna	7:30 - 8:30am
May 7, 2025 Wed	🌙	Sierra	7:30 - 8:30pm	May 23, 2025 Fri	☀️	Anna	7:30 - 8:30am
May 8, 2025 Thu	☀️	Anna	7:30 - 8:30am	May 24, 2025 Sat	☀️	Deni	7:30 - 8:30am
May 9, 2025 Fri	☀️	Anna	7:30 - 8:30am	May 25, 2025 Sun	☀️	Deni	7:30 - 8:30am
May 10, 2025 Sat	☀️	NO YOGA		May 26, 2025 Mon	☀️	NO YOGA	
May 11, 2025 Sun	☀️	Sierra	7:30 - 8:30am	May 27, 2025 Tue	☀️	Anna	7:30 - 8:30am
May 12, 2025 Mon	☀️	Sierra	7:30 - 8:30am	May 28, 2025 Wed	☀️	Deni	7:30 - 8:30am
May 13, 2025 Tue	☀️	Deni	7:30 - 8:30am	May 28, 2025 Wed	🌙	Sierra	7:30 - 8:30pm
May 14, 2025 Wed	☀️	Deni	7:30 - 8:30am	May 29, 2025 Thu	☀️	Anna	7:30 - 8:30am
May 14, 2025 Wed	🌙	NO YOGA		May 30, 2025 Fri	☀️	Anna	7:30 - 8:30am
May 15, 2025 Thu	☀️	Deni	7:30 - 8:30am	May 31, 2025 Sat	☀️	Deni	7:30 - 8:30am
May 16, 2025 Fri	☀️	NO YOGA					

Humboldt Room at The Headwaters Eco Lodge  
Drop-In Session: \$15 | Locals Rate: \$12

See you there, Namaste

