

Yoga Schedule July 2024

at The Headwaters Eco Lodge

1/7/24	Monday	Morning	7.30 - 8.30 am	Luxmi
2/7/24	Tuesday	Morning	No yoga	
3/7/24	Wednesday	Morning	No yoga	
3/7/24	Wednesday	Evening	No yoga	
4/7/24	Thursday	Morning	No yoga	
5/7/24	Friday	Morning	No yoga	
6/7/24	Saturday	Morning	7.30 - 8.30 am	Deni
7/7/24	Sunday	Morning	7.30 - 8.30 am	Sierra
8/7/24	Monday	Morning	No yoga	
9/7/24	Tuesday	Morning	No yoga	
10/7/24	Wednesday	Morning	No yoga	
10/7/24	Wednesday	Evening	7.30 - 8.30 pm	Sierra
11/7/24	Thursday	Morning	No yoga	
12/7/24	Friday	Morning	7.30 - 8.30 am	Sierra
13/7/24	Saturday	Morning	7.30 - 8.30 am	Deni
14/7/24	Sunday	Morning	7.30 - 8.30 am	Deni
15/7/24	Monday	Morning	No yoga	
16/7/24	Tuesday	Morning	No yoga	
17/7/24	Wednesday	Morning	No yoga	
17/7/24	Wednesday	Evening	No yoga	
18/7/24	Thursday	Morning	7.30 - 8.30 am	Deni
19/7/24	Friday	Morning	No yoga	
20/7/24	Saturday	Morning	7.30 - 8.30 am	Deni
21/7/24	Sunday	Morning	No yoga	
22/7/24	Monday	Morning	No yoga	
23/7/24	Tuesday	Morning	7.30 - 8.30 am	Deni
24/7/24	Wednesday	Morning	No yoga	
24/7/24	Wednesday	Evening	7.30 - 8.30 pm	Sierra
25/7/24	Thursday	Morning	No yoga	
26/7/24	Friday	Morning	No yoga	
27/7/24	Saturday	Morning	7.30 - 8.30 am	Sierra
28/7/24	Sunday	Morning	No yoga	
29/7/24	Monday	Morning	No yoga	
30/7/24	Tuesday	Morning	No yoga	
31/7/24	Wednesday	Morning	No yoga	
31/7/24	Wednesday	Evening	7.30 - 8.30 pm	Sierra

The Headwaters

ECO LODGE
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We look forward to seeing you here!