

# Spring Schedule

## Yoga & Kirtan

Friday, March 31, 2017, 7:00 PM - 9:00 PM

## Cherry Blossom Festival

Sunday, April 2, 2017, 10:30 PM - 4:30 PM

## Learn Belly Dancing!

Thursday, April 6, 2017, 7:45 PM - 8:45 PM

## The Truth about Tantra - 1 of 3 sessions

Saturday, April 8, 2017, 12:00 PM- 3:00 PM

## Sample Foundations Yoga \*Free Class\*

Sunday, April 9, 2017, 12:15 PM - 1:30 PM

## The Truth about Tantra 2 of 3 sessions

Saturday, April 15, 2017, 12:00 PM- 3:00 PM

## Yoga for Kids and Family -Hold the date

Saturday, April 15, 2017, 4:30 PM - 5:30 PM

## Celibacy in the 21st century?

Friday, April 21, 2017, 6:30-7:30

## Quigong- Enhance Your Energy & Your Life!

April 21, 7-9 PM, April 22, 9-6 PM & April 23 9-6 PM

## 5Rhythms with Ann Kite

Saturday, April 22, 2017, 7:00 PM- 9:00 PM

## Awaken the Feminine Spirit Workshop

Sunday, April 23, 2017, 12:30 PM - 3:30 PM

## The Four Immeasurables: Living with an Open Heart

Sunday, April 23, 2017, 3:30 PM - 6:30 PM

## The Truth about Tantra 3 of 3 sessions

Saturday, April 29, 2017, 12:00 PM - 3:00 PM

Check website and Facebook for schedule additions or changes.