



Postpartum Integration Series

SCHEDULE

Junio y Julio

28 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
30 (viernes) 11 am	Postnatal Yoga Class (baby & me)
1 (sábado) 11 am	Mother Circle
5 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
7 (viernes) 11 am	Postnatal Yoga Class (baby & me)
12 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
14 (viernes) 11 am	Postnatal Yoga Class (baby & me)
15 (sábado) 11 am	Mother Circle
19 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
21 (viernes) 11 am	Postnatal Yoga Class (baby & me)
26 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
28 (viernes) 11 am	Postnatal Yoga Class (baby & me)
29 (sábado) 11 am	Mother Circle

Agosto: (habrá 2 semanas sin clases por un viaje)

2 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
16 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
18 (viernes) 11 am	Postnatal Yoga Class (baby & me)
23 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
25 (viernes) 11 am	Postnatal Yoga Class (baby & me)
26 (sábado) 11 am	Mother Circle

Septiembre

6 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
8 (viernes) 11 am	Postnatal Yoga Class (baby & me)
13 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
15 (viernes) 11 am	Postnatal Yoga Class (baby & me)
16 (sábado) 11 am	Mother Circle
20 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
22 (viernes) 11 am	Postnatal Yoga Class (baby & me)
27 (miercoles) 11 am	Postnatal Yoga Class (baby & me)
29 (viernes) 11 am	Postnatal Yoga Class (baby & me)
30 (sábado) 11 am	Mother Circle Closing Ceremony

