

# April 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio classes, Live Online Classes, Pre-recorded On Demand Classes and Private or Group Sessions available 706.450.3021 <a href="https://schedulebliss.com/ngyoga">https://schedulebliss.com/ngyoga</a>				1 No classes	2 Try our On Demand Library	3 NGYC YTT 200
4 NGYC YTT 200	5 Yin/Yang Yoga for Spring Series Studio/Live Online (Akasha) 6 pm \$100	6 Introduction to Flow Series - Live Online (Akasha) 8 am \$80	7 No classes	8 Yoga for Stress Series \$80 Studio only (Danna) 6 pm	9 No classes	10 Try our On Demand Library
11 No classes	12 Yin/Yang Yoga for Spring Series Studio and Live Online 6 pm (Akasha)	13 Introduction to Flow Series- Live Online (Akasha) 8 am Beginner Yoga- Studio/Live Online (Akasha) 6 pm donation	14 No classes	15 Yoga for Stress Series Studio only (Danna) 6 pm	16 Try our On Demand Library	17 YTT 300-Sanskrit Chanting and Mantra with Nicolai and Akasha - Studio/Live Online
18 YTT 300-Sanskrit Chanting and Mantra with Nicolai and Akasha - Studio/Live Online 9-6	19 Yin/Yang Yoga for Spring Series Studio and Live Online 6 pm (Akasha)	20 Introduction to Flow Series- Live Online (Akasha) 8 am	21 Slow Flow Studio and Live online (Danna) 9 am Donation	22 Yoga for Stress Series Studio only (Danna) 6 pm	23 Try our On Demand Library	24 No classes
25 Try our On Demand Library	26 Yin/Yang Yoga for Spring Series Studio and Live Online 6 pm (Akasha)	27 Introduction to Flow Series- Live Online (Akasha) 8 am Kundalini Studio and Live online (Akasha) 6 pm donation	28 Slow Flow Studio and Live online (Danna) 9 am Donation	29 Yoga for Stress Series Studio only (Danna) 6 pm	30 No classes	