

February 2018

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
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28	29	30	31	1	2	3
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4 Crystal Bowl Meditation 6 pm - 6:30 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	5	6	7	8	9	10
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11 Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	12	13	14	15	16	17
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18 Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	19	20	21	22	23	24
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25 Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	26	27	28	1	2	3
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4	5	<p>NOTE: To reserve your spot in any class you'd like to attend, please RSVP to Janet Novotny by calling 630-951-8059. A credit card is required to hold your spot in any class. If you need to cancel your reservation, you are required to do it within 48 hours BEFORE the start of the class...otherwise your credit card will be charged for the full cost of the class, even if you do not attend. Credit Card payment is not required when you come for class. You may pay by cash or check. Class space is limited, so reserve your spot today! For a description and prices of these classes, please visit my "Events" page at www.VitalEnergyServices.com.</p>
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