

June 2017

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
28	29	30	31	1	2	3
4 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	5 Guided Meditation Conference Call 7:45 pm - 8:30 pm	6 Yin Yoga Class 6:00 pm - 7:00 pm	7 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	8	9	10
11 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	12 Guided Meditation Conference Call 7:45 pm - 8:30 pm	13 Yin Yoga Class 6:00 pm - 7:00 pm	14 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	15	16	17
18 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	19 Guided Meditation Conference Call 7:45 pm - 8:30 pm	20 Yin Yoga Class 6:00 pm - 7:00 pm	21 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	22	23	24
25 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	26 Guided Meditation Conference Call 7:45 pm - 8:30 pm	27 Yin Yoga Class 6:00 pm - 7:00 pm	28 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	29	30	1

2 3

For the month of June and July any 60, 75 or 90 minute private class can be booked online for the day and time that works for you. Classes can be booked as one-on-one, for you and another person, or for a group of people. The costs per person/per class are \$20 - 60 min; \$25 - 75 min; \$30 - 90 min. Please RSVP with Janet Novotny at 630-951-8059 to reserve your spot in any class you want to attend. A credit card is required to hold your spot in any class. If you need to cancel, you are required to do it within 48 hours prior to the start of the class, otherwise your card will be charged for the cost of the class you do not attend. 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 price of these classes, please visit the "Events" page at www.VitalEnergyServices.com.