

## March 2017

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
26	27	28	1 Slow Gentle Yoga Class 6 pm - 7 pm Meditation 7:15 pm - 9 pm	2 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	3	4 Slow Gentle Yoga Class 2:45 pm - 3:45 pm
5 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	6	7	8	9 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	10	11 Slow Gentle Yoga Class 2:45 pm - 3:45 pm
12 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	13 Slow Gentle Yoga Class 7:45 pm - 8:45 pm	14 Yin Yoga Class 6:00 pm - 6:55 pm Yin/Restorative Class or Candlelight Relaxing Practice using balls & various Yoga props 7 pm - 8:30 pm	15 Slow Gentle Yoga Class 6 pm - 7 pm Meditation 7:15 pm - 9 pm	16 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	17	18 Slow Gentle Yoga Class 2:45 pm - 3:45 pm
19 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	20 Slow Gentle Yoga Class 7:45 pm - 8:45 pm	21 Yin Yoga Class 6:00 pm - 6:55 pm Yin/Restorative Class or Candlelight Relaxing Practice using balls & various Yoga props 7 pm - 8:30 pm	22 Slow Gentle Yoga Class 6 pm - 7 pm Meditation 7:15 pm - 9 pm	23 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	24	25 Slow Gentle Yoga Class 2:45 pm - 3:45 pm
26 Crystal Bowl Meditation 6 pm - 6:45 pm Candlelight Yin Yoga with 15 min Singing Bowl Meditation 7 pm - 8:15 pm	27 Group Intuitive Readings via Conference Call 7:30 pm - 8:00 pm Guided Meditation Classes via Conference Call 8:15 pm - 9:00 pm	28 Yin Yoga Class 6:00 pm - 6:55 pm Yin/Restorative Class or Candlelight Relaxing Practice using balls & various Yoga props 7 pm - 8:30 pm	29	30 Candlelight Restorative Yoga with 15 min Singing Bowl Meditation 7:30 pm - 9:00 pm	31 Yoga Nidra Class 7:00 pm - 8:00 pm	1

**Private classes or group classes can always be scheduled on a day and time that works for you. Just schedule it online or call me directly to set something up.** 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](http://www.VitalEnergyServices.com).