

# YogaPalooza

## 2018

MON, 7/9 -- OPENING NIGHT

WED, 7/11 -- SPINE AWAKENING

MON, 7/16 -- VINYASA, PART I, "ROCK"

WED, 7/18 -- VINYASA, PART II, "ROLL"

MON, 7/23 -- DOLPHINS, TURTLES, & STARFISH (4:30 p.m. ONLY)

MON, 7/23 -- PLANK YOU VERY MUCH (6:00 p.m. ONLY)

WED, 7/25 -- REGGAE *Registered Students Only.*

SAT, 7/28 -- "LEMONADE YOGA" w/Tina Dee (9:30 a.m.)

MON, 7/30 -- "GOOD VIBRATIONS"

WED, 8/1 -- TIBETAN YANTRA

SAT, 8/4 -- "EVERY BREATH YOU TAKE" w/Patricia Triplett (9:30 a.m.)

MON, 8/6 -- HAPPY HIPS

WED, 8/8 -- "MIN"YASA

MON, 8/13 -- MAGICAL MYSTERY TOUR YOGA *Registered Students Only.*

WED, 8/15 -- YOGA NIDRA

MON, 8/20 -- LET'S TWIST AGAIN

WED, 8/22 -- YIN

SAT, 8/25 -- EARTH, WIND, & FIRE (9:30 a.m.)

MON, 8/27 -- PEACEFUL WARRIOR

WED, 8/29 -- HEART & SOUL

Summer On The Mat

# Peaceful Hands Yoga

[peacefulhands.com](http://peacefulhands.com)