

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9 Saltsational Meditation 7:00pm-7:30pm Katonah Salty Yoga 7:00pm-8:00pm Park Avenue	10	11	12	13	14	15
16	17 Salty Breathing 11:30pm-12:30pm Katonah Guided Meditation 7:00pm-8:00pm Park Ave	18 Salty Yoga 7:00pm -8:00pm Park Ave	19	20	21	22
23 Saltsational Meditation 7:00pm-7:30pm Katonah	24 Salty Breathing 11:30pm-12:30pm Katonah	25 Guided Meditation 7:00pm-8:00pm Park Ave	26 Salty Yoga 5pm-6pm Katonah Salty Gong Meditation 7:00pm-8:00pm Park Avenue	27 Group Healing 6:30pm-8pm Katonah	28	29
30 Salty Yoga w/ Holistic Happening 7:00pm - 8:30pm Park Ave	31 Relaxation & Power Awakens 7:00pm-8:00pm Park Ave					