

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6 Salty Yoga 7:00pm-8:00pm <u>Park Avenue</u> Saltsational Meditation 7:00pm-7:45pm <u>Katonah</u>	7	8	9	10	11	12
13	14 Salty Yoga 6:30pm-7:30pm <u>Dobbs Ferry</u>	15	16	17	18	19
20 Saltsational Meditation 7:00pm-7:45pm <u>Katonah</u>	21 Sound Meditation 7:00pm - 8:00pm <u>Dobbs Ferry</u>	22	23 Salty Yoga 7:00pm-8:00pm <u>Park Avenue</u> Salty Yoga 5:00pm -6:00pm <u>Katonah</u> Salty Yoga 10:00am - 11:00am <u>Dobbs Ferry</u>	24	25	26
27	28 Salty Yoga 6:30pm-7:30pm <u>Dobbs Ferry</u>	29	30 Salty Gong Meditation 7:00pm-8:00pm <u>Park Avenue</u>	31 Group Healing 6:30pm-8:00pm <u>Katonah</u>		