

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6:00 PM Yoga w/ Marvy (Gratitude Garden)	2	3 9:30 AM Breath Into Being w/ Marvy 11:00 AM FUNctional Flow Yoga w/ Marvy	4 9:30 AM Breathwork & Meditation w/ Daniel 11:00 AM Yoga Class 11:00 AM Gardening w/ Luz
5	6 6:00 PM - Power Yoga w/ Jess 7:30 PM Breathwork w/ Star	7 6:00 PM Yoga w/ Carla	8 6:00 PM Yoga w/ Marvy (Gratitude Garden)	9	10 9:30 AM Breath Into Being w/ Marvy 11:00 AM FUNctional Flow Yoga w/ Marvy 7:30 PM New Moon Circle - Vision Board	11 9:30 AM Breathwork & Meditation w/ Daniel 11:00 AM Yoga Class
12	13 6:00 PM - Power Yoga w/ Jess 7:30 PMBreathwork w/ Star	14 6:00 PM Yoga w/ Carla	15 6:00 PM Yoga w/ Marvy (Gratitude Garden)	16	17 9:00 AM Pilates & Matcha (\$26, Green Space) 9:30 AM Breath Into Being w/ Marvy 11:00 AM FUNctional Flow Yoga w/ Marvy 4:00 PM - Drum Circle Workshop (Gratitude Garden)	18 9:30 AM Breathwork & Meditation w/ Daniel 12:00 PM Half Day Retreat 3:00 -7:00 PM La Alquimia del Corazón "Fuego Transmutador e InnerDance"
19	20 6:00 PM - Power Yoga w/ Jess 7:30 PMBreathwork w/ Star	21 6:00 PM Yoga w/ Carla 7:00 PM - Sound Healing w/ Belinda (Green Space)	22 6:00 PM Yoga w/ Marvy (Gratitude Garden)	23	24 9:30 AM Breath Into Being w/ Marvy 11:00 AM FUNctional Flow Yoga w/ Marvy 3:30 PM - 7:00 PM TALENTWEEN 7:00 PM - 9:00 PM Itawe & Positive Vibrations	25 9:30 AM Breathwork & Meditation w/ Daniel 11:00 AM Yoga Class 12:00 PM The whole Yoga Class Experience
26	27 6:00 PM - Power Yoga w/ Jess 7:30 PMBreathwork w/ Star	28 7:00 PM Halloween Sound Bath	29	30	31	

Classes

Events