



The Red Shoes 2012 Spring Calendar



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|---|---|
| JANUARY | | | | | | |
| 1 HU Chant 3:30p | 2 Yoga 8a / 5:30p CS Yoga 10:30a | 3 Yoga 8a Artist Way 12:30p CC 4:30p | 4 Yoga 8a Meditation 5p | 5 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p | 6 Yoga 8a | 7 |
| 8 SoulCollage 3p | 9 Yoga 8a / 5:30p CS Yoga 10:30a | 10 Yoga 8a Artist Way 12:30p CC 4:30p Women of Wisdom 6p | 11 Yoga 8a Dialogue 11:30p Let's Talk 12p Meditation 5p WLC 6:30p | 12 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p | 13 Yoga 8a | 14 Mystery to Mastery 10a |
| 15 SoulCollage 3p | 16 Yoga 8a / 5:30p CS Yoga 10:30a Let's Talk 6p Mother Night 6:30p | 17 Yoga 8a Artist Way 12:30p CC 4:30p Diet Resolution 6:30p | 18 Yoga 8a Dialogue 11:30p Meditation 5p | 19 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 20 Yoga 8a | 21 Yoga Fundamentals (Pt. 1) 9a |
| 22 Yoga for Healthy Weight 3p SoulCollage 3p | 23 Yoga 8a / 5:30p CS Yoga 10:30a Mother Night 6:30p | 24 Yoga 8a CC 4:30p Women of Wisdom 6p | 25 Yoga 8a Dialogue 11:30p Meditation 5p | 26 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 27 Yoga 8a | 28 Yoga Fundamentals (Pt. 2) 9a |
| 29 SoulCollage 3p | 30 Yoga 8a / 5:30p CS Yoga 10:30a Mother Night 6:30p | 31 Yoga 8a CC 4:30p | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| FEBRUARY | | | | | | |
| | | | 1 Yoga 8a Half the Sky 10:30a Dialogue 11:30p Meditation 5p | 2 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 3 Yoga 8a Enneagram Retreat 7p | 4 Enneagram Retreat 9a |
| 5 Enneagram Retreat 9a HU Chant 3:30p | 6 Yoga 8a / 5:30p CS Yoga 10:30a Mother Night 6:30p | 7 Yoga 8a CC 4:30p Women of Wisdom 6p | 8 Yoga 8a Half the Sky 10:30a Dialogue 11:30p Meditation 5p WLC 6:30p | 9 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 10 Yoga 8a | 11 |
| 12 | 13 Yoga 8a / 5:30p CS Yoga 10:30a Mother Night 6:30p | 14 Yoga 6:30a / 8a Continuing Community 4:30p | 15 Yoga 8a Half the Sky 10:30a Meditation 5p | 16 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 17 Yoga 8a | 18 |
| 19 | 20 Yoga 8a / 5:30p CS Yoga 10:30a Mother Night 6:30p | 21 Yoga 6:30a / 8a Continuing Community 4:30p | 22 Yoga 8a Half the Sky 10:30a Meditation 5p | 23 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 24 Yoga 8a | 25 Discover Success with Cookie Tuminello 10a |
| 26 Rhythm of Yoga 3p | 27 Yoga 8a / 5:30p CS Yoga 10:30a Mother Night 6:30p | 28 Yoga 6:30a / 8a CC 4:30p Women of Wisdom 6p | 29 Yoga 8a Half the Sky 10:30a Meditation 5p Entrepreneur Training 6:30p | | | |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| MARCH | | | | 1 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 2 Yoga 8a | 3 |
| 4 HU Chant 3:30p | 5 Yoga 8a / 5:30p CS Yoga 10:30a Change Your Life 6:30p | 6 Yoga 8a Continuing Community 4:30p **Painting** **FUNdraiser 6p** | 7 Yoga 8a Half the Sky 10:30a Meditation 5p | 8 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 9 Yoga 8a Open Mic Poetry 7p | 10 Reduce Frustration 10a |
| 11 Yoga for Bone Health 3p | 12 Yoga 8a / 5:30p CS Yoga 10:30a Change Your Life 6:30p | 13 Yoga 8a Continuing Community 4:30p Women of Wisdom 6p | 14 Yoga 8a Half the Sky 10:30a Meditation 5p WLC 6:30p | 15 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 16 Yoga 8a | 17 |
| 18 Svaroopaa® Yoga Retreat 2:30p | 19 Yoga 8a / 5:30p CS Yoga 10:30a Change Your Life 6:30p | 20 Yoga 8a Continuing Community 4:30p Stop Procrastination 6:30p | 21 Yoga 8a Half the Sky 10:30a Volunteer: Shelter Party 6:45p | 22 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 23 Yoga 8a | 24 Stitch by Stitch: Labyrinth Pillow 10a |
| 25 Yoga for Stress Reduction 3p | 26 Yoga 8a / 5:30p CS Yoga 10:30a Change Your Life 6:30p | 27 Yoga 8a Continuing Community 4:30p Women of Wisdom 6p | 28 Yoga 8a Half the Sky 10:30a Meditation 5p | 29 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 30 Yoga 8a | 31 |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| APRIL | | | | | | |
| 1 HU Chant 3:30p | 2 Yoga 8a / 5:30p CS Yoga 10:30a Change Your Life 6:30p | 3 Yoga 6:30a / 8a Volunteer: Food Bank 10a CC 4:30p Kaballah 6p | 4 Yoga 8a Half the Sky 10:30a Meditation 5p | 5 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 6 Yoga 8a | 7 |
| 8 | 9 Yoga 8a / 5:30p CS Yoga 10:30a Change Your Life 6:30p | 10 Yoga 6:30a / 8a Continuing Community 4:30p Kaballah 6p | 11 Yoga 8a Half the Sky 10:30a Meditation 5p WLC 6:30p | 12 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 13 Yoga 8a Dissident Daughter 10:30a | 14 |
| 15 Yoga for Heart Health 3p | 16 Yoga 8a / 5:30p CS Yoga 10:30a Natural Health 6:30p | 17 Yoga 8a Continuing Community 4:30p Kaballah 6p | 18 Yoga 8a Half the Sky 10:30a Meditation 5p | 19 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 20 Yoga 8a Dissident Daughter 10:30a | 21 Zentangle-Inspired Art: Flower Pot 9:30a |
| 22 Earth Day 12p Yoga for Alignment 3p | 23 Yoga 8a / 5:30p CS Yoga 10:30a New Moon Celebration 6:30p | 24 Yoga 8a CC 4:30p Kaballah 6p | 25 Yoga 8a Half the Sky 10:30a Meditation 5p | 26 Yoga 8a / 5:30p Dreams 10:30a The Key 6p Spirit Journey 6p | 27 Yoga 8a Dissident Daughter 10:30a | 28 |
| 29 | 30 Yoga 8a / 5:30p CS Yoga 10:30a | May 1 | May 2 | May 3 | May 4 Dissident Daughter 10:30a | |