

# 2024 Yoga Programming

## February

- 2/14 Unwind & Uncork~ Love

## March

- 3/20 Unwind & Uncork~ Spring Awakening
- Yoga for Golfers & Tennis- Prepare for golf & tennis season with this 6 class Yoga Series to improve your game!

## April

- 4/10 Unwind & Uncork~ With Massage!
- Yoga for Golfers & Tennis- Prepare for golf & tennis season with this 6 class Yoga Series to improve your game!

## May

- 5/8~ Unwind & Uncork~ Honor Mother Earth
- 5/12 Mothers Day Family Yoga (NEW!)- this can be done before Mother's Day Brunch

## June

- Outdoor Aerial Yoga
- Learn to Stand Up Paddleboard in the Pool
- Paddleboard Yoga in the Pool & River
- 6/12 Unwind & Uncork~ Clubhouse Patio

## July

- Outdoor Aerial Yoga
- Learn to Stand Up Paddleboard in the Pool
- Paddleboard Yoga in the Pool & River
- 7/10 Unwind & Uncork~ Clubhouse Patio
- 7/22 Wellness Camp for ages 8+

## August

- Outdoor Aerial Yoga
- Learn to Stand Up Paddleboard in the Pool
- Paddleboard Yoga in the Pool & River
- 8/7 Unwind & Uncork~ Clubhouse Patio
- 8/19 Wellness Camp for ages 8+

## September

- Outdoor Aerial Yoga
- Learn to Stand Up Paddleboard in the Pool
- Paddleboard Yoga in the Pool & River

- 9/11 Unwind & Uncork~ Clubhouse Patio
- Adult Wellness Retreat (NEW!)

#### October

- Outdoor Aerial Yoga
- Witches Paddle
- Harvest Family Yoga
- 10/9 Unwind & Uncork~ Clubhouse Patio

#### November

- My Gift to Me~ A Yoga & Massage Experience
- 11/13 Unwind & Uncork~ Cultivate an Attitude of Gratitude, held in Clubhouse

#### December

- 12/11 Unwind & Uncork~ A Holiday Celebration