

February 2025



MON

TUE

WED

THU

FRI



3

Trauma-sensitive
Yoga
9.30am - 11am

5

6

7

10

Trauma-sensitive
Yoga
9.30am - 11am

12

13

FINDING YOUR VOICE
10AM-1230PM

14

17

NO YOGA

19

HEALTHY RELATIONSHIPS
12.30PM-3PM

20

21

24

NO YOGA

26

27

28

