



# MOMENTOUS MAY 31 DAYS OF YOGA

FREE CLASS AND SPECIAL EVENTS CALENDAR  
VISIT [COASTALBLISSYOGA.COM](http://COASTALBLISSYOGA.COM) FOR DAILY CLASS SCHEDULE



Tribal Parks Allies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7am Opening Circle Vinyasa FREE 4pm & 6pm Guest Teacher Guy Friswelll	2 7am Morning Series	3 7am Morning Series	4 7am Morning Series 4pm Series: The Vayus	5 7am Morning Series 11am 55 or Better FREE 4:30pm Guest Teacher Stefan Candelaria Yoga Surf Series & 6pm Full Moon Yoga	6 9am Yoga and the ?iisaak Pledge 4:30pm Guest Teacher Stefan Candelaria Yoga Surf Series
7 8am Guest Teacher Stefan Candelaria 12:30pm Prize Draw on IG Live 4:30pm Yoga Surf Series	8 7am Morning Series	9 7am Morning Series 6pm Guest Teacher Kevin Naidoo	10 7am Morning Series 4:30pm Guest Teacher Nahlia Loren Couto Eco Yoga	11 7am Morning Series 4pm Series: The Vayus 7:45pm Guest Teacher Risto Duggan	12 7am & 7:45pm Guest Teacher Risto Duggan 9am FREE Pre & Postnatal Yoga 11am 55 or Better FREE Guest Teacher David Cross 3pm The Vedas 6pm Vinyasa	13 7am & 7:45pm Guest Teacher Risto Duggan 9am Yoga and the ?iisaak Pledge Guest Teacher David Cross 3pm The Vedas 6pm Vinyasa
14 8am Guest Teacher Risto Duggan 12:30pm Prize Draw on IG Live 11am FREE Yoga for Moms & Caregivers 3pm Guest Teacher David Cross: The Vedas	15 7am Morning Series	16 7am Morning Series	17 7am Morning Series 9am FREE Yoga 4:30pm Guest Teacher Nahlia Loren Couto Eco Yoga	18 7am Morning Series 9am FREE Yoga 4pm Series: The Vayus	19 7am Morning Series 11am 55 or Better FREE 6pm New Moon Vinyasa	20 10am FREE Beach Yoga at Cox Bay - Pacific Sands Beach Resort
21 12:30pm Prize Draw on IG Live	22 7am Morning Series 4pm Movement, Meditation & Mantra	23 7am Morning Series	24 7am Morning Series 9am FREE Yoga 4:30pm Guest Teacher Nahlia Loren Couto Eco Yoga	25 7am Morning Series 9am FREE Parent & Baby Yoga 4pm Series: The Vayus	26 7am Morning Series 11am 55 or Better FREE	27 9am FREE Morning Yin
28 12:30pm Prize Draw on IG Live	29 7am Morning Series	30 7am Morning Series 4pm Guest Teacher Nicolette Quinn FREE Hatha	31 7am Morning Series 9am FREE Yoga 4:30pm Guest Teacher Nahlia Loren Couto Eco Yoga 9pm Closing Drum Circle & Grand Prize Draw IG LIVE	Thank you to our sponsors and prize donors:		

