

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tim Hurley: In-Person Private One on One Mindfulness Meditation & Yoga Therapy Practice Sessions available by appointment			01	02 IV Nutrient Infusions At Optimal Wellness 8:30A – 12P
03 Tim Hurley's: Mindfulness Meditation Drop-In Class 7-8P	04 Gentle Mindful Yoga Practice Session (registration required: tmhurley@qis.net) 6:30-8P	05	06	07 Tim Hurley's: Yoga Nidra Free Online Zoom Practice: 1:30-2:30P Gentle Mindful Yoga: 6:30-8P	08	09
10 Tim Hurley's: Mindfulness Meditation Drop-In Class 7-8P	11 Gentle Mindful Yoga Practice Session (registration required: tmhurley@qis.net) 6:30-8P	12	13	14 Tim Hurley's: Mindfulness Meditation Free Online Zoom Practice: 1:30-2:30P Gentle Mindful Yoga: 6:30-8P	15	16
17 Tim Hurley's: Mindfulness Meditation Drop-In Class 7-8P	18 Gentle Mindful Yoga Practice Session (registration required: tmhurley@qis.net) 6:30-8P	19	20	21 Tim Hurley's: Mindfulness Meditation Free Online Zoom Practice: 1:30-2:30P Gentle Mindful Yoga: 6:30-8P	22	23
24/31 Tim Hurley's: Yoga Nidra Drop-In Class 7-8P	Christmas Day 25 There will be no Gentle Mindful Yoga Practice Session Today	26	27	28 Tim Hurley's: Mindfulness Meditation Free Online Zoom Practice: 1:30-2:30P Gentle Mindful Yoga: 6:30-8P	29	30