

Yoga Schedule | May - June 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|-----|--|-----|-----|
| | 1 | 2 5:30pm - 6:45pm WebEx Only | 3 | 4 NO YOGA | 5 | 6 |
| 7 | 8 | 9 5:30pm - 6:45pm In-Person & WebEx | 10 | 11 NO YOGA | 12 | 13 |
| 14 | 15 | 16 5:30pm - 6:45pm In-Person & WebEx | 17 | 18 1:30pm - 2:45pm In-Person & WebEx | 19 | 20 |
| 21 | 22 | 23 5:30pm - 6:45pm In-Person & WebEx | 24 | 25 1:30pm - 2:45pm In-Person & WebEx | 26 | 27 |
| 28 | 29 | 30 NO YOGA | 31 | June - 1 1:30pm - 2:45pm In Person & WebEx | | |
| 3 | | | | | | |



Clearwater Valley
Health

In-Person Sessions take place in the Classroom at Clearwater Valley Health | Orofino Clinic - 1055 Riverside Ave. Orofino, ID 83544