

Pink Lotus Yoga/Marcia Camino/ Cleveland, Ohio

<http://www.PinkLotusYoga.com>

216-221-3255. [mcamino@sbcglobal.net](mailto:mcamino@sbcglobal.net)

**LOCATIONS:**

Barry's: 26965 Center Ridge Road, Westlake

Lakewood Y: 16915 Detroit Avenue

Lululemon's: 27040 Cedar Road, Beachwood

Rocky River Park: 20200 Beach Cliff Boulevard, Rocky River

Westside Yoga: 17100 Detroit Avenue, Lakewood

Wade Oval: 10820 East Boulevard, University Circle

# PINK LOTUS YOGA

## Calendar through 8/15/09

Pink Lotus Yoga's yoga class **ALTERNATIVE TRANSPORTATION INCENTIVE**: earn free yoga class credits! Redeemable at most locations.

*This calendar is maintained and updated regularly by Marcia Camino.*

<u>DAY/DATE/TIME</u>	<u>CLASS/WORKSHOP TITLE</u>	<u>LOCATION</u>	<u>NOTES</u>	<u>FEE</u>	<u>PURCHASE</u>
Sat. June 20 9:00-10:00 a.m.	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	<a href="http://pinklotusyoga.com/outdooryoga.aspx">http://pinklotusyoga.com/outdooryoga.aspx</a>
Sat. June 20 1:00-2:30 p.m.	<b>Hot Yoga—through Aug 27</b>	<b>Barry's Wellness Ctr</b>	<i>Marcia's 90-min. sequence in a 90-degree studio. Drop-in or purchase on-line</i>	\$16/3 for \$45/6 for \$84	<a href="http://pinklotusyoga.com/register.aspx">http://pinklotusyoga.com/register.aspx</a>
Tues. June 23 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>
Tues. June 23 7:15-8:30 p.m.	<b>Warm Yoga</b>	<b>Barry's Wellness Ctr</b>	<i>Blended Hatha class in a warm room. Drop-in or purchase online</i>	\$12 drop-in/5 for \$56/10 for \$100	<a href="http://pinklotusyoga.com/register.aspx">http://pinklotusyoga.com/register.aspx</a>
Thurs. June 25 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>
Thurs. June 25 7:00-8:00 p.m.	<b>Hatha Yoga--through Aug, 27</b>	<b>Lakewood Y</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
Sat. June 27 9:00-10:00 a.m.	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	<a href="http://pinklotusyoga.com/outdooryoga.aspx">http://pinklotusyoga.com/outdooryoga.aspx</a>
Sat. June 27 1:00-2:30 p.m.	<b>Hot Yoga—end of series</b>	<b>Barry's Wellness Ctr</b>	<i>Marcia's 90-min. sequence in a 90-degree studio. Drop-in or purchase on-line</i>	\$16/3 for \$45/6 for \$84	<a href="http://pinklotusyoga.com/register.aspx">http://pinklotusyoga.com/register.aspx</a>
<b>Sat. June 27 1:00-5:00 p.m.</b>	<b>YOGAPALOOZA IN CLEVELAND!</b>	<b>Wade Oval</b>	<i>Fundraiser for YogaBear: providing free yoga for cancer survivors</i>	All Day Passes are \$25. No one will be turned down for lack of fund	<a href="http://www.yogabear.org/page/yogapalooza-1">http://www.yogabear.org/page/yogapalooza-1</a>

**Key:** Strikethrough = Canceled

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Tues. June 30 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>
<del>Tues. June 30 7:15-8:30 p.m.</del>	<del><b>Warm Yoga—last class</b></del>	<del><b>Barry's Wellness Ctr</b></del>	<del><i>Blended Hatha class in a warm room. Drop-in or purchase online.</i></del>	<del>\$12 drop-in/5 for \$56/10 for \$100</del>	<del><a href="http://pinklotusyoga.com/register.aspx">http://pinklotusyoga.com/register.aspx</a></del>
Thurs. July 2 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>
Thurs. July 2 7:00-8:00 p.m.	<b>Hatha Yoga</b>	<b>Lakewood Y</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
<b>no classes July 4th</b>	<b>no classes July 4th</b>	<b>no classes July 4th</b>	<b>no classes July 4th</b>	<b>no classes July 4th</b>	no classes July 4 <sup>th</sup>
Tues. July 7 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>
Thurs. July 9 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>
Thurs. July 9 7:00-8:00 p.m.	<b>Hatha Yoga</b>	<b>16915 Detroit</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
Sat. July 11 9:00-10:00 a.m.	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	<a href="http://pinklotusyoga.com/outdoor yoga.aspx">http://pinklotusyoga.com/outdoor yoga.aspx</a>
<b>Sun. July 12 10:00-11:45 a.m.</b>	<b>Yoga and Mediation Workshop</b>	<b>Lululemon Beachwood</b>	<b><i>Amrit, Nidra, and Meditation</i></b>	<b>FREE</b>	<a href="http://www.lululemon.com/cleveland/clevelandshowroom">http://www.lululemon.com/cleveland/clevelandshowroom</a>
Tues. July 14 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>
Wed. July 15 7:30-8:30 p.m.	<b>Beginner's Yoga</b>	<b>Westside Yoga</b>	<i>Hatha Yoga Basics focusing on alignment and breathwork</i>	\$14 drop-in	<a href="http://westsideyogastudio.com/index.htm">http://westsideyogastudio.com/index.htm</a>
Thurs. July 16 Noon-1:00 p.m.	<b>Outdoor Lunchtime Yoga (end of series)</b>	<b>Case</b>	<i>Blended Hatha Yoga with an emphasis on Yin Yoga and relaxation</i>	FREE to Case community	<a href="http://www.case.edu/academics/summer/OutdoorYoga.html">http://www.case.edu/academics/summer/OutdoorYoga.html</a>

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Thurs. July 16 7:00-8:00 p.m.	<b>Hatha Yoga</b>	<b>Lakewood Y</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
Sat. July 18 9:00-10:00 a.m.	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	<a href="http://pinklotusyoga.com/outdooryoga.aspx">http://pinklotusyoga.com/outdooryoga.aspx</a>
Thurs. July 23 7:00-8:00 p.m.	<b>Hatha Yoga</b>	<b>Lakewood Y</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
Sat. July 25 9:00-10:00 a.m.	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	<a href="http://pinklotusyoga.com/outdooryoga.aspx">http://pinklotusyoga.com/outdooryoga.aspx</a>
Mon. July 27 6:00-7:15 p.m.	<b>Beginner's Yoga--4-week series through Aug. 17</b>	<b>Westside Yoga</b>	<i>Learn the basics of classic yoga poses; alignment, breathwork relaxation</i>	\$80/series mats provided	<a href="http://westsideyogastudio.com/index.html">http://westsideyogastudio.com/index.html</a>
Wed. July 29 7:30-8:30 p.m.	<b>Beginner's Yoga</b>	<b>Westside Yoga</b>	<i>Hatha Yoga Basics focusing on alignment and breathwork</i>	\$14 drop-in	<a href="http://westsideyogastudio.com/index.html">http://westsideyogastudio.com/index.html</a>
Thurs. July 30 7:00-8:00 p.m.	<b>Hatha Yoga</b>	<b>Lakewood Y</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
Sat. Aug. 1 9:00-10:00	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	n/a
Mon. Aug. 3 6:00-7:15 p.m.	<b>Beginner's Yoga--4-week series through Aug. 17</b>	<b>Westside Yoga</b>	<i>Learn the basics of classic yoga poses; alignment, breathwork relaxation</i>	\$80/series mats provided	<a href="http://westsideyogastudio.com/index.html">http://westsideyogastudio.com/index.html</a>
Thurs. Aug. 6 7:00-8:00 p.m.	<b>Hatha Yoga</b>	<b>Lakewood Y</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
Sat. Aug. 8 9:00-10:00 a.m.	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	<a href="http://pinklotusyoga.com/outdooryoga.aspx">http://pinklotusyoga.com/outdooryoga.aspx</a>
Mon. Aug. 10 6:00-7:15 p.m.	<b>Beginner's Yoga --4-week series through Aug. 17</b>	<b>Westside Yoga</b>	<i>Learn the basics of classic yoga poses; alignment, breathwork relaxation</i>	\$80/series mats provided	<a href="http://westsideyogastudio.com/index.html">http://westsideyogastudio.com/index.html</a>
Thurs. Aug. 13 7:00-8:00 p.m.	<b>Hatha Yoga</b>	<b>Lakewood Y</b>	<i>Registration required</i>	\$40/series members; \$80 non	<a href="http://www.clevelandymca.org/register.html">http://www.clevelandymca.org/register.html</a>
Sat. Aug. 15 9:00-10:00 a.m.	<b>Outdoor Yoga</b>	<b>Rocky River Park</b>	<i>Drop-in</i>	Donation	<a href="http://pinklotusyoga.com/outdooryoga.aspx">http://pinklotusyoga.com/outdooryoga.aspx</a>
Mon. July 17 6:00-7:15 p.m.	<b>Beginner's Yoga—last class in series</b>	<b>Westside Yoga</b>	<i>Learn the basics of classic yoga poses; alignment, breathwork relaxation</i>	\$80/series mats provided	<a href="http://westsideyogastudio.com/index.html">http://westsideyogastudio.com/index.html</a>

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