

SpiritWorks Foundation Monthly Calendar

January 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Yoga 6 pm Disc. Grp 7 pm	3	4 Yoga 7:30 am  CFAR Intensive	5  CFAR Intensive
6  CFAR Intensive	7 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	8 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	9  Yoga 6 pm Disc. Grp 7 pm	10 10 – 11 am Coffee Hour	11 Yoga 7:30 am	12
13	14 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	15 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	16  Yoga 6 pm Disc. Grp 7 pm	17	18 Yoga 7:30 am	19
20	21 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	22 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	23  Yoga 6 pm Disc. Grp 7 pm	24	25 Yoga 7:30 am	Yoga Day USA 9-11am Yoga Workshop FREE
27	28 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	29 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	30  Yoga 6 pm Disc. Grp 7 pm	31		

SpiritWorks Foundation Monthly Calendar

February 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CFAR Yoga 7:30 am	2 CFAR
3 CFAR	4 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	5 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	6 Yoga 5:45 pm Disc. Grp 7 pm	7	8 Yoga 7:30 am	9
10	11 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	12 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Movie Night 7 pm	13 Yoga 5:45 pm Disc. Grp 7 pm	14  2-3 pm Tea Time	15 Yoga 7:30 am	16
<b>Children of Alcoholics Week</b>						
17	18 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	19 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	20 Yoga 5:45 pm Disc. Grp 7 pm	21	22 Yoga 7:30 am	23 9:30-11:30 am Mandala Workshop w/ Jan Brown
24	25 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	26 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	27 Yoga 5:45 pm Disc. Grp 7 pm	28	29 CFAR  Yoga 7:30 am	

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March 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CFAR
2 CFAR	3 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	4 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	5 Yoga 5:45 pm Disc. Grp 7 pm	6	7	8
9	10 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	11 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	12 Yoga 5:45 pm Disc. Grp 7 pm	13  5:30 – 6:30 pm After Hours	14	15
16	17 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	18 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	19 Yoga 5:45 pm Disc. Grp 7 pm	20	21	22 Awakenings Workshop 9:30 – 11:00 a.m.
23	24 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	25 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	26 Yoga 5:45 pm Disc. Grp 7 pm	27	28	29
30	31					

## SpiritWorks Foundation Monthly Calendar

April 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	2  Yoga 5:45 pm Disc. Grp 7 pm	3	4 Yoga 7:30 am	5
6	7 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	8 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	9  Yoga 5:45 pm Disc. Grp 7 pm	10	11 Yoga 7:30 am	12
13	14 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	15 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	16  Yoga 5:45 pm Disc. Grp 7 pm	17	18 Yoga 7:30 am	19
20	21 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	22 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	23  Yoga 5:45 pm Disc. Grp 7 pm	24	25 Yoga 7:30 am	26 Yoga Workshop 9:30 – 11:30
27	28 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	29 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	30  Yoga 5:45 pm Disc. Grp 7 pm			

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<h1>May 2008</h1>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Yoga 7:30 am	3
4	5 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	6 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	7 Yoga 5:45 pm Disc. Grp 7 pm	8	9 Yoga 7:30 am	10
11	12 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	13 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	14 Yoga 5:45 pm Disc. Grp 7 pm	15	16 Yoga 7:30 am	17
18	19 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	20 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	21 Yoga 5:45 pm Disc. Grp 7 pm	22	23 Yoga 7:30 am	24
25	26 Yoga 7:30 am Yoga 5:30 pm Disc. Grp 7 pm	27 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	28 Yoga 5:45 pm Disc. Grp 7 pm	29	30 Yoga 7:30 am	31

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June 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	3 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	4  Yoga 5:45 pm Disc. Grp 7 pm	5  2:30 pm Living in Balance	6  Yoga 8:00 am	7
8	9 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	10 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	11  Yoga 5:45 pm Disc. Grp 7 pm	12  2:30 pm Living in Balance	13  Yoga 8:00 am	14
15	16 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	17 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	18  Yoga 5:45 pm Disc. Grp 7 pm	19  2:30 pm Living in Balance	20  Yoga 8:00 am	21
22	23 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	24 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	25  Yoga 5:45 pm Disc. Grp 7 pm	26  2:30 pm Living in Balance	27  Yoga 8:00 am  CFAR	28   CFAR
29  CFAR	30 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm					

## SpiritWorks Foundation Monthly Calendar

July 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	2  Yoga 5:45 pm Disc. Grp 7 pm	3  2:30 pm Living in Balance	4 Yoga 8:00 am	5
6	7 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	8 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	9  Yoga 5:45 pm Disc. Grp 7 pm	10  2:30 pm Living in Balance	11 Yoga 8:00 am	12
13	14 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	15 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	16  Yoga 5:45 pm Disc. Grp 7 pm	17  2:30 pm Living in Balance	18 Yoga 8:00 am	19
20	21 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	22 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	23  Yoga 5:45 pm Disc. Grp 7 pm	24  2:30 pm Living in Balance	25 Yoga 8:00 am  CFAR	26  CFAR
27  CFAR	28 Yoga 7:30 am  Yoga 5:30 pm Disc. Grp 7 pm	29 Yoga 4 pm Rec. Act. Plan 4 – 5:30 pm Disc. Grp 7 pm	30  Yoga 5:45 pm Disc. Grp 7 pm	31  2:30 pm Living in Balance		

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August 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yoga 8:00 am	2
3	4 Yoga 7:30 am  Yoga 5:30 pm	5	6  Yoga 5:45 pm  Disc. Grp 7 pm	7 Youth Ambassadors  2:30 pm Living in Balance	8 Yoga 8:00 am	9
10	11 Yoga 7:30 am  Yoga 5:30 pm	12	13  Yoga 5:45 pm  Disc. Grp 7 pm	14 Youth Ambassadors  2:30 pm Living in Balance	15 Yoga 8:00 am	16
17	18 Yoga 7:30 am  CFAR Summer Camp Yoga 5:30 pm	19  CFAR Summer Camp	20 CFAR Summer Camp  Yoga 5:45 pm Disc. Grp 7 pm	21 CFAR Summer Camp  2:30 pm Living in Balance	22 Yoga 8:00 am  CFAR Summer Camp	23
24	25 Yoga 7:30 am  Yoga 5:30 pm	26	27  Yoga 5:45 pm  Disc. Grp 7 pm	28 Youth Ambassadors  2:30 pm Living in Balance	29 Yoga 8:00 am	30
31						

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September 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga 7:30 am Yoga 5:30 pm	2	3  Yoga 5:45 pm Disc. Grp 7 pm	4  NFL Game 7pm	5 Yoga 8:00 am	6 Recovery Month Picnic
7	8 Yoga 7:30 am Yoga 5:30 pm	9	10  Yoga 5:45 pm Disc. Grp 7 pm	11  2:30 pm Living in Balance	12 Yoga 8:00 am	13
14	15 Yoga 7:30 am Yoga 5:30 pm	16	17  Yoga 5:45 pm Disc. Grp 7 pm	18  2:30 pm Living in Balance	19 Yoga 8:00 am	20
21	22 Yoga 7:30 am Yoga 5:30 pm	23	24  Yoga 5:45 pm Disc. Grp 7 pm	25  2:30 pm Living in Balance	26 Yoga 8:00 am	27
28	29 Yoga 7:30 am Yoga 5:30 pm	30				

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October 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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November 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

SpiritWorks Foundation Monthly Calendar

December 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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