



# June 2026 Special Events

**Reclaiming Wholeness: Yoga for Trauma & Loss** Somatic yoga practice to help you release stored trauma energy in the body.

- June 7, 2026 | 6:30-7:30pm (1<sup>st</sup> Sunday June-September)
- Jefferson Studio (27 Wall St.)
- Love Donation Accepted

**Forest Bathing:** Forest Bathing is a guided, slow-paced experience in nature that invites you to engage your senses, quiet the mind, and support nervous system regulation.

- June 13, 2026 | Noon-2pm
- Jefferson Dog Park (251 E. Jefferson St.)\*
- Love Donation Accepted

**Holistic Health Series: The Stone Series (Moonstone):** Learn about the history & benefits of working with this traditional June birthstone. Includes hands-on learning with some simple make & take projects and recipe(s) for later use.

- June 20, 2026 | Noon-2pm
- Jefferson Studio (27 Wall St.)\*
- Non-members: \$30 | Members \$10 | Included with workshop pass

**Summer Solstice:** Join us where the “longest day” meets International Day of Yoga. Kundalini Yoga 5-6pm, Forest Bathing 6-7pm, Sound Circle 7-8pm (drums, voices, whatever you bring)

- June 21, 2026 | 5-8pm
- Jefferson Dog Park (251 E. Jefferson St.)\*
- Love Donation Accepted

**Yoga for the Cats:** For this donation based all-level yoga practice at Maddox & Friends Cat Rescue. ALL donations go to the rescue.

- June 27, 2026 | Noon-1pm
- Maddox & Friends Cat Rescue, 723 Clark St., Conneaut\*
- Donation to rescue (\$20 suggested, grateful for any amount)

## LOOKING AHEAD:

*July:* Reclaiming your Inner Warrior Goddess at Wall Street Coffee

*Later:* 2026 Shanti Unplugged Retreat at VMESC: November 13-15

## REIKI, PRIVATE YOGA & OTHER WELLNESS SERVICES BY APPOINTMENT

Registration & schedule updates at [yogalvh.com](http://yogalvh.com)

### \*SCHEDULE & LOCATIONS SUBJECT TO CHANGE.

Visit registration platform at [yogalvh.com](http://yogalvh.com) for current schedule.

Live online option available for select events (see registration platform for availability - registration required to receive link)