

# April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3 9AM NOON	4 4PM	5 9AM NOON	6 9:30AM
7	8	9	10 9AM NOON	11 4PM	12 9AM NOON	13 9:30AM
14	15	16	17	18	19	20
N O C L A S S T H I S W E E K						
21	22	23	24 9AM NOON	25 4PM	26 9AM NOON	27 9:30AM
28	29	30	1	2	3	4

Brennan Check-in classes are a combination of restorative yoga, breathwork and movement intended to send you into the world deeply grounded, refreshed and ready to be your best self.

Create Space is located Upstairs  
@ Gather 256  
256 W. Philadelphia St.  
York, PA 17401

If you have 3 or more interested in a session, reach out to schedule your own time!

Classes are 50 minutes & \$15