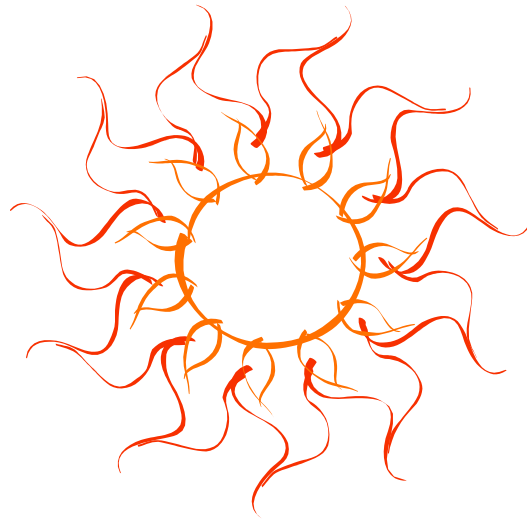


Celebrate the 1st week of summer at Glenmore!



Join us for summer themed classes throughout the week of June 19 - 24. Classes may be focused on cooling and restorative poses to balance the heat and light of the season; they may celebrate the sunshine and spirit of summer, or may include some of both.

Thur, June 22, 9:15 am, join Randi for 108 Sun Salutations

Wednesday, June 21 {at 12:24 am} is this year's summer solstice, the longest day of the year, where the sun reaches the highest point in the sky. After the solstice, the days begin to shorten, although the temperatures will increase in July and August.

Enjoy the sunshine!