

# Viva Parks Downtown – St. James Park

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 12-1pm Yoga 2-3pm Grace Community Center Men's Group	5 12-1pm Meditation	6 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	7 12-1pm Mindful Movement 11-12 Music in the park with Grace Community Center	8 10:30-11 Music & Movement 12-1pm Yoga 1-3pm Grace Community Center Art in the Park	9 4-8pm Zen Den 6-8pm Saturday Night Concert Series	10 9am-11am Doga 10am-12pm Zen Den
11 12-1pm Yoga	12 12-1pm Meditation	13 12-1pm Yoga	14 12-1pm Mindful Movement	15 10:30-11 Music & Movement 12-1pm Yoga	16 ST. JAMES EAST Starlight Cinema 7-10:30pm (Movie: The Princess Bride)	17
18 12-1pm Yoga 2-3pm Grace Community Center Men's Group	19 12-1pm Meditation	20 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	21 12-1pm Mindful Movement 11-12 Music in the park with Grace Community Center	22 12-1pm Yoga 2-4pm Grace Community Center Arts and Crafts	23 4-8 Zen Den 6-8pm Saturday Night Concert Series	24
25 12-1pm Yoga	26 12-1pm Meditation	27 12-1pm Yoga	28 12-1pm Mindful Movement	29 12-1pm Yoga	30 4-8 Zen Den 6-8pm Saturday Night Concert Series	

## HERE IS WHAT'S HAPPENING!

**Yoga**- Get in a soul pleasing afternoon stretch three days a week.

**Meditation**- Clear your mind and soul with lunchtime mediation.

**Music and Movement**- Parent and child program with music, dance, and play.

**Zen Den**- Relax, chant, and be one inside the Zen Den.

**Saturday Night Concert Series**- Weekly concerts with SJ Jazz Boom Box.

**Mindful Movement**- Mindful practices from African Dance to Acro Yoga.

**Doga**- Grab your pup and join us for some dog and owner down time.

# Viva Parks Downtown – St. James Park

# July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 12-1pm Yoga	3 12-1pm Meditation	4 INDEPENDENCE DAY	5 12-1pm Mindful Movement	6 12-pm Yoga	7 4-8 Zen Den 6-8pm Saturday Night Concert Series	8 9am-11am Doga 9am-11am Zen Den
9 12-1pm Yoga	10 12-1pm Meditation	11 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	12 12-1pm Mindful Movement	13 10:30-11 Music & Movement 12-pm Yoga	14 4-8pm Zen Den 6-8pm Saturday Night Concert Series	15
16 12-1pm Yoga	17 12-1pm Meditation	18 12-1pm Yoga	19 12-1pm Mindful Movement	20 10:30-11 Music & Movement 12-1pm Yoga	21 Starlight Cinema 7-10:30pm (Movie: Sandlot)	22
23 12-1pm Yoga	24 12-1pm Meditation	25 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	26 12-1pm Mindful Movement	27 12-pm Yoga	28	29
30 12-1pm yoga	31 12-1pm Meditation					

# Viva Parks Downtown – St. James Park

# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 12-1pm Yoga	2 12-1pm Mindful Movement	3 12-1pm Yoga	4 ST. JAMES EAST SF Mime Troupe 2-3:30pm 6-8pm Saturday Night Concert Series	5 9am-11am Doga 9am-11am Zen Den
6 12-1pm Yoga	7 12-1pm Meditation <b>National Night Out!</b>	8 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	9 12-1pm Mindful Movement	10 10:30-11 Music & Movement 12-1pm Yoga	11	12
13 12-1pm Yoga	14 12-1pm Meditation	15 12-1pm Yoga	16 12-1pm Mindful Movement	17 12-1pm Yoga	18 Starlight Cinema 7-10:30pm (Movie: Coco)	19
20 12-1pm Yoga	21 12-1pm Meditation	22 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	23 12-1pm Mindful Movement	24 10:30-11 Music & Movement 12-1pm Yoga	25	26
27 12-1pm Yoga	28 12-1pm Meditation	29 12-1pm Yoga	30 12-1pm Mindful	31 12-1pm Yoga		

# Viva Parks Downtown – St. James Park

# Sept. 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 4-8pm Zen Den 6-8pm Saturday Night Concert Series	2
3 LABOR DAY	4 12-1pm Meditation	5 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	6 12-1pm Mindful Movement	7 12-1pm Yoga	8 4-8pm Zen Den 6-8pm Saturday Night Concert Series	9 9am-11am Doga 9am-11am Zen Den
10 12-1pm Yoga	11 12-1pm Meditation	12 12-1pm Yoga	13 12-1pm Mindful Movement	14	15 Starlight Cinema 7-10:30pm (Movie: E.T.)	16
17 12-1pm Yoga	18 12-1pm Meditation	19 12-1pm Yoga 12-1:30pm BODACIOUS BUBBLE STATION	20 12-1pm Mindful Movement	21	22 <b>CONSCIOUS SJ</b>	23 <b>VIVA CALLE SJ</b>
24 12-1pm Yoga	25 12-1pm Meditation	26 12-1pm Yoga	27 12-1pm Mindful Movement	28	29	30