

Yoga & Meditation Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18 7AM (15 MIN) SUNDAY GRATITUDE	19 6AM (15 MIN) START THE WEEK OFF RIGHT 7PM (20 MIN) GENTLE BEDTIME YOGA	20  CLASSES OR OFFICE HOURS	21 6AM (15 MIN) GENTLE MORNING SEQUENCE 7PM (20 MIN) GENTLE BEDTIME YOGA	22 6AM (15 MIN) GENTLE MORNING SEQUENCE 7PM (20 MIN) GENTLE BEDTIME YOGA	23 6AM (15 MIN) GENTLE MORNING SEQUENCE 7PM (20 MIN) GENTLE BEDTIME YOGA	24 7AM (15 MIN) SUN SALUTATION ENERGIZING
25 7AM (15 MIN) SUNDAY GRATITUDE	26 6AM (15 MIN) START THE WEEK OFF RIGHT 7PM (20 MIN) GENTLE EVENING YOGA	27 6AM (15 MIN) GENTLE MORNING SEQUENCE 12 NOON COMMUNITY OFFICE HOURS {a great time to connect} 7PM (20 MIN) GENTLE EVENING YOGA	28 6AM (15 MIN) GENTLE MORNING SEQUENCE 7PM (20 MIN) GENTLE EVENING YOGA	29 6AM (15 MIN) GENTLE MORNING SEQUENCE 7PM (20 MIN) GENTLE EVENING YOGA	30 6AM (15 MIN) GENTLE MORNING SEQUENCE 7PM (20 MIN) GENTLE EVENING YOGA	31  7AM (15 MIN) SUN SALUTATION ENERGIZING

OCTOBER 2020



New to yoga?

Start here with beginner yoga sequences, tutorials on foundational yoga poses. Build strength and confidence to take your yoga practice deeper.

Yoga doesn't have to be intimidating. The hardest class is the first one. You'll immediately feel the benefits of yoga on your body and mind.

The poses will strengthen and lengthen your body and help you feel fit and flexible all day long in mind, body, and spirit

Unless noted, All class are for beginners and those looking to:

- Reduce Stress & Anxiety
- Improve Mobility
- Promote Healthier Organ Function
- Teach The Mind & Body To Be Still

ALL CLASSES ARE IN



CENTRAL STANDARD TIME