

ONLINE

NOVEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 8:00 pm Just Yin Sarah	3	4	5
6	7 7:00 pm MindFULL Sarah	8 9:30 am Morning Flow	9 8:00 pm Hips & Shoulders Cindi	10	11 9:30 am Morning Flow	12
13	14 7:00 pm MindFULL Sarah	15	16 NO CLASS ANNUAL HOLIDAY STAFF PARTY	17	18	19
20	21 7:00 pm MindFULL Sarah	22	23 8:00 pm Hips & Shoulders Becca	24	25	26 9:30 am Sunrise Flow Sarah
27	28 7:00 pm MindFULL Sarah	29	30 8:00 pm Just Yin Charu			

Anahata
Yoga



For the month of Nov & Dec your ONLINE membership is FREE as part of our Pay it Forward Initiative!

**Does not include Tues & Fri Morning Flow Series