

117 Yoga & Wellness

December, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 5:30p – 6:30p Yoga Basics	4 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga	5 9a – 10a Classical Yoga 7:15p – 7:45p Guided Meditation	6 5:30p – 6:30p Level II Yoga	7	8 Knitting & Yoga with Carol Murie!**
9 1p – 2p Intro to Yoga 3p – 4p RestorativeYoga**	10 5:30p – 6:30p Yoga Basics 6:45p – 7:45p Myofascial Release	11 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga 6:45p – 7:30 p Yoga Nidra	12 9a – 10a Classical Yoga	13 5:30p – 6:30p Level II Yoga	14 6p – 8p yoga2hour with Patty Gorder!**	15
16	17 5:30p – 6:30p Yoga Basics	18 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga	19 9a – 10a Classical Yoga 7:15p – 7:45p Guided Meditation	20 5:30p – 6:30p Level II Yoga Sub Alert☺	21	22
23	24 Office Closed	25 Merry Christmas!!	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed
30 Office Closed	31 Office Closed					

**Preregistration Required