



November 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Power Slow Flow (Danna) 8:30 am Wooded Walk and Meditation (Danna)10:30 am Beginner (Danna)4:30 pm Wind Down (Danna) 6:10 pm	2 Hatha (Cassie) 10 am Mindful Movement & Meditation (Cassie)12pm	3 No Classes
4 No Classes	5 Yoga Nidra (Danna) 6:10 pm	6 Morning Flow (Martha) 10 am Lengthen and Straighten Flow Yoga (Martha) 6:10 pm	7 Alignment (Susie) 6:10 pm	8 Power Slow Flow (Danna) 8:30 am Wooded Walk and Meditation (Danna)10:30 am Beginner (Danna)4:30 pm Wind Down (Danna) 6:10 pm	9 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	10 No Classes
11 Restorative (Susie) 11 am	12 Yoga Nidra (Susie) 6:10 pm	13 Morning Flow (Martha) 10 am Lengthen and Straighten Flow Yoga (Martha) 6:10 pm	14 Alignment (Susie) 6:10 pm	15 Power Slow Flow (Danna) 8:30 am Wooded Walk and Meditation (Danna)10:30 am Beginner (Danna)4:30 pm Wind Down (Danna) 6:10 pm	16 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	17 No Classes
18 Restorative (Susie) 11 am	19 Kundalini (Mindy) 6:10 pm	20 Morning Flow (Martha) 10 am Lengthen and Straighten Flow Yoga (Martha) 6:10 pm	21 Alignment (Susie) 6:10 pm	22 Happy Thanksgiving! No Classes	23 No Classes	24 No Classes
25 No Classes	26 Tibetan Bowl Meditation (Vikki) 6:10 pm	27 Morning Flow (Martha)10 am Lengthen and Straighten Flow Yoga (Martha) 6:10 pm	28 Alignment (Susie) 6:10 pm	29 Power Slow Flow (Danna) 8:30 am Wooded Walk and Meditation (Danna)10:30 am Beginner (Danna)4:30 pm Wind Down (Danna) 6:10 pm	30 Hatha (Cassie) 10 am Mindful Movement and Meditation (Cassie) 12 pm	