

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“Travel light, live light, spread the light, be the light.” – Yogi Bhajan</p>				30 th CELEBRATION 1	30 th CELEBRATION 2	30 th CELEBRATION 3
30 th CELEBRATION 4	5	6	NEW MOON 7	8	9	10
<p>Restorative Yoga & Reiki Melissa Mann 5:30PM-6:30PM</p>	<p>Vinyasa Flow Tara Jo Young 6PM-7PM</p> <p>Buti Yoga Kristin Felix 6PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>HIIT Yoga Lisa Mowery 6PM-6:45PM</p> <p>Kundalini Yoga David Painter 6PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>HIIT Yoga Melissa Mann 8AM-8:45AM</p> <p>Vinyasa Flow Melissa Mann 9AM-10AM</p> <p>Hatha Yoga Tara Jo Young 10AM-11AM</p> <p>Chair Yoga *CANCELLED* 5:30PM-6:30PM</p>	<p>Vinyasa Flow Melissa Mann 6PM-7PM</p> <p>Restorative Yoga Melissa Mann 7PM-8PM</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM</p> <p>Sacred Dance with Veils Jessamina Lanzilotta 10AM-11AM</p> <p>Buti Yoga Alaina Tobias 12PM-1PM</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM</p> <p>Sacred Dance with Veils Jessamina Lanzilotta 10AM-11AM</p> <p>Buti Yoga Alaina Tobias 12PM-1PM</p>
11	12	13	14	15	16	17
<p>Freedom Yoga Bryan Fant 11:00AM-12:30PM</p> <p><i>free for veterans and current members of the armed forces. Please provide military ID or other acceptable military form.</i></p>	<p>Vinyasa Flow Tara Jo Young 6PM-7PM</p> <p>Buti Yoga Kristin Felix 6PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>HIIT Yoga Lisa Mowery 6PM-6:45PM</p> <p>Kundalini Yoga David Painter 6:00PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>HIIT Yoga Melissa Mann 8AM-8:45AM</p> <p>Vinyasa Flow Melissa Mann 9AM-10AM</p> <p>Hatha Yoga Tara Jo Young 10AM-11AM</p> <p>Chair Yoga *CANCELLED* 5:30PM-6:30PM</p>	<p>Vinyasa Flow Melissa Mann 6PM-7PM</p> <p>Restorative Yoga Melissa Mann 7PM-8PM</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM</p> <p>Sacred Dance with Veils Jessamina Lanzilotta 10AM-11AM</p> <p>Buti Yoga Alaina Tobias 12PM-1PM</p> <p>Kirtan** The Mas & The Babas 6PM-8PM Pre-Register \$15 Walk-In \$20</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM</p> <p>Sacred Dance with Veils Jessamina Lanzilotta 10AM-11AM</p> <p>Buti Yoga Alaina Tobias 12PM-1PM</p>
18	19	20	21	THANKSGIVING 22	FULL MOON 23	24
	<p>Vinyasa Flow Tara Jo Young 6PM-7PM</p> <p>Buti Yoga Kristin Felix 6PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>HIIT Yoga Lisa Mowery 6PM-6:45PM</p> <p>Kundalini Yoga David Painter 6:00PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>STORE & STUDIO CLOSED</p>	<p>STORE & STUDIO CLOSED</p>	<p>Yoga Nidra** Workshop Paul Herzer 7PM-8:30PM Pre-Register \$35 Walk-In \$40</p>	<p>HIIT Yoga Lisa Mowery 9AM-9:45AM</p> <p>Sacred Dance with Veils Jessamina Lanzilotta 10AM-11AM</p> <p>Buti Yoga Alaina Tobias 12PM-1PM</p>
25	26	27	28	29	30	Yoga & Wellness Prices
<p>Sacred Dance for Stress Relief** Workshop Jessamina Lanzilotta 10:30AM-12:00PM \$25</p> <p><i>includes fresh stress relief juices, smoothies, and light refreshments! Must pre-register!</i></p>	<p>Vinyasa Flow Tara Jo Young 6PM-7PM</p> <p>Buti Yoga Kristin Felix 6PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>HIIT Yoga Lisa Mowery 6PM-6:45PM</p> <p>Kundalini Yoga *CANCELLED* 6:00PM-7PM</p> <p>Yin Yoga Tara Jo Young 7PM-8PM</p>	<p>HIIT Yoga Melissa Mann 8AM-8:45AM</p> <p>Vinyasa Flow Melissa Mann 9AM-10AM</p> <p>Hatha Yoga Tara Jo Young 10AM-11AM</p> <p>Chair Yoga Angela Sheaffer 5:30PM-6:30PM</p>	<p>Vinyasa Yoga Melissa Mann 6PM-7PM</p> <p>Restorative Yoga Melissa Mann 7PM-8PM</p>	<p>All classes are \$15 for drop in students. Class passes and packages may be applied to classes.</p> <p>All workshops will have “**” next to the title. Please check each event for pricing. Class card is not eligible for workshops. Certain restrictions apply with packages, please check terms and details.</p> <p>Free Class Pass not valid on Yoga & Wellness Workshops (indicated with **).</p>	

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PLEASE RSVP FOR ALL CLASSES & WORKSHOPS ONLINE!

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