

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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*Decide what kind  
of life you want.*

Then say no to everything that isn't that.

<p><i>Decide what kind of life you want.</i></p> <p>Then say no to everything that isn't that.</p>						<p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Sacred Dance with Veils</b> CANCELLED 10AM-11AM</p> <p><b>Buti Yoga</b> Alaina Tobias 11AM-12PM</p>
2	3	4	5	6	7 NEW MOON	8
<p><b>Buti Bliss</b> Kristin Felix 10AM-11AM</p>	<p><b>Vinyasa Flow</b> Tara Jo Young 6PM-7PM</p> <p><b>Buti Yoga</b> Kristin Felix 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Kundalini Yoga</b> David Painter 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Flow</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p>	<p><b>Vinyasa Flow</b> Melissa Mann 6PM-7PM</p> <p><b>Restorative Yoga</b> Melissa Mann 7PM-8PM</p>	<p><b>Restorative Yoga &amp; Aromatherapy</b> Melissa Mann 5:30PM-6:30PM</p>	<p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Sacred Dance with Veils</b> Jessamina Lanzilotta 10AM-11AM</p> <p><b>Buti Yoga</b> Alaina Tobias 11AM-12PM</p>
9	10	11	12	13	14	15
<p><b>Restorative Yoga &amp; Reiki</b> Melissa Mann, Tara Jo Young, Victoria Weiser 5:30PM-6:30PM</p>	<p><b>Vinyasa Flow</b> Tara Jo Young 6PM-7PM</p> <p><b>Buti Yoga</b> Kristin Felix 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Kundalini Yoga</b> David Painter 6:00PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Flow</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p>	<p><b>Vinyasa Flow</b> Melissa Mann 6PM-7PM</p> <p><b>Restorative Yoga</b> Melissa Mann 7PM-8PM</p>		<p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Sacred Dance with Veils</b> Jessamina Lanzilotta 10AM-11AM</p> <p><b>Buti Yoga</b> **CANCELLED** 11AM-12PM</p>
16	17	18	19	20	21 WINTER SOLSTICE	22 FULL MOON
	<p><b>Vinyasa Flow</b> Tara Jo Young 6PM-7PM</p> <p><b>Buti Yoga</b> Kristin Felix 6PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p><b>HIIT Yoga</b> Lisa Mowery 6PM-6:45PM</p> <p><b>Kundalini Yoga</b> David Painter 6:00PM-7PM</p> <p><b>Yin Yoga</b> Tara Jo Young 7PM-8PM</p>	<p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Flow</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p>	<p><b>Vinyasa Flow</b> Tara Jo Young 6PM-7PM</p> <p><b>Restorative Yoga</b> Tara Jo Young 7PM-8PM</p>	<p><b>All Is Bright! Yin Yoga by Candlelight</b> Tara Jo Young 7PM-8:30PM</p> <p><b>Holiday Open House</b> 8:30PM-9:30PM FREE</p>	<p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Sacred Dance with Veils</b> Jessamina Lanzilotta 10AM-11AM</p> <p><b>Buti Yoga</b> Alaina Tobias 11AM-12PM</p>
23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26	27	28	29
<p><b>Sacred Dance for Stress Relief** Workshop</b> 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><b>STORE &amp; STUDIO CLOSED AT 5PM</b></p>	<p><b>STORE &amp; STUDIO CLOSED</b></p>	<p><b>HIIT Yoga</b> Melissa Mann 8AM-8:45AM</p> <p><b>Vinyasa Flow</b> Melissa Mann 9AM-10AM</p> <p><b>Hatha Yoga</b> Tara Jo Young 10AM-11AM</p> <p><b>Chair Yoga</b> Angela Sheaffer 5:30PM-6:30PM</p>	<p><b>Vinyasa Yoga</b> Melissa Mann 6PM-7PM</p> <p><b>Restorative Yoga</b> Melissa Mann 7PM-8PM</p>	<p><b>Yoga Nidra** Workshop</b> Paul Herzer 7PM-8:30PM Pre-Register \$35 Walk-In \$40</p>	<p><b>HIIT Yoga</b> Lisa Mowery 9AM-9:45AM</p> <p><b>Sacred Dance with Veils</b> Jessamina Lanzilotta 10AM-11AM</p> <p><b>Buti Yoga</b> Alaina Tobias 11AM-12PM</p>
30	31 NEW YEAR'S EVE	<p><b>Yoga &amp; Wellness Prices</b></p> <p>All <b>classes</b> are \$15 for drop in students. Class passes and packages may be applied to classes.</p> <p>All <b>workshops</b> 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><b>Free Class Pass</b> not valid on Yoga &amp; Wellness Workshops (indicated with **).</p>		<p><b>Yoga &amp; Wellness Unlimited Class Options</b></p> <p>Yoga &amp; Wellness Basic Autopay Subscription 3 Month Term <del>\$99.99</del> \$89.99 <i>Lock in your special rate of \$89.99 for the life of your subscription!</i></p> <p>Yoga &amp; Wellness Basic Package Monthly \$109.99</p> <p><b>Yoga &amp; Wellness Class Cards</b></p> <p>5 Class Card \$65.00 (\$13.00/class) 10 Class Card \$115.00 (\$11.50/class)</p>		

PLEASE RSVP FOR ALL CLASSES & WORKSHOPS ONLINE!

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