

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 12:00 - 1:00 pm Betsy Kripalu Yoga	4
5	6 Labour Day Studio Closed	7 7:30- 8:30 pm Sandy Yoga Nidra	8 11:00 am - 12:00 pm Margo Chair Yoga 1:00 - 2:00 pm Margo Chair Yoga 5:15 - 6:30 pm Emelie Yin	12:15-12:45 pm Shiona Meditation @ Noon 3:00 – 4:15 pm Emelie Yin	10 12:00 - 1:00 pm Betsy Kripalu Yoga 5:15 – 6:15 pm Cynthia Yin Yoga	11
12 6:30-8:00 pm Sandy 90 min Yoga Nidra	13 6:00-7:00 pm Beth W Mindful Flow 7:30-9:00 pm Luke Kundalini Yoga & Meditation	14 10:25-11:55 am Pamela Yin 6:00-7:00 pm Denise Introduction to Yoga 7:30- 8:30 pm Sandy Yoga Nidra	15 11:00 am -12:00 pm Margo Chair Yoga 1:00-2:00 pm Margo Chair Yoga 5:15-6:30 pm Emelie Yin 7:00-8:00 pm Denise Flow	16 12:15-12:45 pm Shiona Meditation@Noon 3:00-4:15 pm Emelie Yin	17 8:55-10:25 am Pamela Yin 12:00 - 1:00 pm Betsy Kripalu Yoga 5:15 – 6:15 pm Cynthia Yin Yoga	18
19 3:00 – 4:30 pm Shiona Mindfulness R & R	20 3:30 - 5:00 pm Nancy Gentle Yoga & iRest Yoga Nidra 6:00 -7:00 pm Beth W Mindful Flow 7:30-9:00 pm Luke Kundalini Yoga & Meditation	21 10:25-11:55 am Pamela Yin 6:00-7:00 pm Denise Introduction to Yoga 7:30- 8:30 pm Sandy Yoga Nidra	22 11:00 am -12:00 pm Margo Chair Yoga 1:00-2:00 pm Margo Chair Yoga 5:15-6:30 pm Emelie Yin 7:00-8:00 pm Denise Flow	23 12:15-12:45 pm Shiona Meditation@Noon 3:00-4:15 pm Emelie Yin 7:00 -8:30 pm Shiona Mindfulness Orientation	24 12:00 - 1:00 pm Betsy Kripalu Yoga 5:15 – 6:15 pm Cynthia Yin Yoga	25 1:00 -7:00 pm Sandy and Shiona Reiki 1 and Tools for Self- Care
26 10:00 am - 2:00 pm Sandy and Shiona Reiki 1 and Tools for Self- Care	27 3:30-5:00 pm Nancy Gentle Yoga & iRest Yoga Nidra 6:00-7:00 pm Beth W Mindful Flow 7:30-9:00 pm Luke Kundalini Yoga & Meditation	28 10:25-11:55 am Pamela Yin 6:00-7:00 pm Denise Introduction to Yoga 7:30- 8:30 pm Sandy Yoga Nidra	29 11:00 am -12:00 pm Margo Chair Yoga 1:00-2:00 pm Margo Chair Yoga 5:15-6:30 pm Emelie Yin 7:00-8:00 pm Denise Flow	30 12:15-12:45 pm Shiona Meditation@Noon 3:00-4:15 pm Emelie Yin 6:00 – 8:30 pm Shiona Mindfulness Week 1		