

**October 2020**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				1 12:15-12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:30-8:00 Shiona/Beth Yoga & Mindfulness	2 12:10-12:50 Betsy Gentle Kripalu Yoga 5:15-6:15 Cynthia Yin Yoga 7:00-8:30 Shiona Mindfulness Orientation	3 9:00-10:30 Cynthia Flow and Let Go
4 10:00-11:00 Katie Pregnancy Yoga 1:00-2:00 Beth W Chair Yoga 7:00-8:00 Candace Yin	5 10:00-11:00 Cynthia Fundamental Flow 6:00-7:00 Beth O Flow 7:30- 8:30 Beth O Flow	6 11:00-12:15 Emelie Yin Yoga 5:00-6:00 Sandy Yoga Nidra 7:00-8:00 Sandy Yoga Nidra	7 11:00-12:15 Margo Chair Yoga 5:15-6:30 Emelie Yin Yoga 7:30-8:30 Denise Intro to Yoga II	8 12:15-12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:00 - 7:30 Shiona Mindfulness Orientation	9 12:10-12:50 Betsy Gentle Kripalu Yoga 5:15 – 6:15 Cynthia Yin Yoga	10 9:00-10:30 Cynthia Flow and Let Go
11 No Pregnancy Yoga No Yin/Candace	12 <b>Thanksgiving Day</b> 4:00-5:30 Sandy Rest and Renew (pre-register)	13 11:00-12:15 Emelie Yin Yoga	14 11:00-12:15 Margo Chair Yoga 5:15-6:30 Emelie Yin Yoga 7:30-8:30 Denise Intro to Yoga II	15 12:15 - 12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:00 – 8:30 Shiona 8 week MBSR	16 12:10-12:50 Betsy Gentle Kripalu Yoga 5:15 – 6:15 Cynthia Yin Yoga	17 9:00-10:30 Cynthia Flow and Let Go 1:00-2:15 Beth W Yoga for Youth
18 1:00-2:00 Beth W Chair Yoga 7:00-8:00 Candace Yin	19 6:00-7:00 Beth O Flow 7:30- 8:30 Beth O Flow	20 11:00-12:15 Emelie Yin Yoga	21 11:00-12:15 Margo Chair Yoga 5:15-6:30 Emelie Yin Yoga 7:30-8:30 Denise Intro to Yoga II	22 12:15 - 12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:00 – 8:30 Shiona 8 week MBSR	23 12:10-12:50 Betsy Gentle Kripalu Yoga	24
25 7:00-8:00 Candace Yin	26 10:00-11:00 Cynthia Fundamental Flow 6:00-7:00 Beth O Flow 7:30- 8:30 Beth O Flow	27 11:00-12:15 Emelie Yin Yoga	28 11:00-12:15 Margo Chair Yoga 5:15-6:30 Emelie Yin Yoga 7:30-8:30 Denise Intro to Yoga II	29 12:15 - 12:45 Shiona Meditation@Noon 3:00-4:15 Emelie Yin Yoga 6:00 – 8:30 Shiona 8 week MBSR	30 12:10-12:50 Betsy Gentle Kripalu Yoga 5:15 – 6:15 Cynthia Yin Yoga	9:00-10:30 Cynthia Flow and Let Go