


# November, 2018



## Center for Relaxation & Renewal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 – 6:30p Level II Yoga	2	3
4 1p -2p Yogive Gentle Yoga (Donation Based Yoga – Proceeds go to CVIC) 3p – 4p Restorative Yoga **	5 5:30 – 6:30p Yoga Basics	6 9a – 10a Classical Yoga – Sub Alert☺ 5:30 – 6:30p Gentle Yoga	7 9a – 10a Classical Yoga Sub Alert☺	8 5:30 – 6:30p Level II Yoga	9	10 10a – 12p Intro to the Chakras** 2p – 4p Extensions: Posture & Focus**
11 12:30p – 2:30p Twists: Balance & Detox** 3p – 5p Soothe Your Sciatica**	12 5:30 – 6:30p Yoga Basics	13 9a – 10a Classical Yoga 5:30 – 6:30p Gentle Yoga	14 9a – 10a Classical Yoga	15 5:30 – 6:30p Level II Yoga	16	17 1:30 – 3p Power Flow Yoga with 30 min. Nidra with Amanda
18	19 5:30 – 6:30p Yoga Basics	20 9a – 10a Classical Yoga 5:30 – 6:30p Gentle Yoga 6:45p – 7:30p Yoga Nidra**	21 9a – 10a Classical Yoga	22 	23	24 1:30 – 3p Power Flow Yoga with 30 min. Nidra with Amanda
25	26 5:30 – 6:30p Yoga Basics 7p – 8p Myofascial Release**	27 9a – 10a Classical Yoga 5:30 – 6:30p Gentle Yoga	28 9a – 10a Classical Yoga	29 5:30 – 6:30p Level II Yoga	30	** Preregistration Required