

Center for Relaxation & Renewal October, 2018



Yoga Classes & Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30 – 6:30p Yoga Basics	2 9 – 10a Classical Yoga – Sub Alert 5:30 – 6:30p Gentle Yoga	3 9 – 10a Classical Yoga – Sub Alert	4 No Gentle Yoga today 5:30 – 6:30p Level II Yoga	5	6 10 – 11a Ayurveda for Kids Workshop Part 1* 1 – 2p Intro to Yoga*
7	8 5:30 – 6:30p Yoga Basics 7p – 8p Restorative Yoga*	9 9 – 10a Classical Yoga 5:30 – 6:30p Gentle Yoga	10 9 – 10a Classical Yoga	11 10:30 – 11:30a Gentle Yoga 5:30 – 6:30p Level II Yoga	12	13 10 – 11:15a Ayurveda for Kids Workshop Part 2*
14	15 5:30 – 6:30p Yoga Basics	16 9 – 10a Classical Yoga 5:30 – 6:30p Gentle Yoga	17 9 – 10a Classical Yoga	18 10:30 – 11:30a Gentle Yoga 5:30 – 6:30p Level II Yoga	19 6 – 8p Yoga2hour with Patty Gorder*	20 10 – 11a Ayurveda for Kids Workshop Part 3* 1 – 2p Intro to Yoga*
21	22 5:30 – 6:30p Yoga Basics 7 - 8p Myofascial Release*	23 9 – 10a Classical Yoga 5:30 – 6:30p Gentle Yoga	24 9 – 10a Classical Yoga 6 – 6:45p Yoga Nidra*	25 10:30 – 11:30a Gentle Yoga 5:30 – 6:30p Level II Yoga	26	27
28	29 5:30 – 6:30p Yoga Basics	30 9 – 10a Classical Yoga 5:30 – 6:30p Gentle Yoga	31 9 – 10a Classical Yoga		Preregistration required for all classes with a *	

