

November 2023

Workshops & Events

(*Register on-line: Go to our Workshop & Events Page)

Yoga 101: Begin a Path of Wellness

With Laura McKinnon
Mondays, Nov 6, 13, & 27 6:00-7:15pm

Awakening the Heart: Float in a Blissful Sound Bath of Musical Chanting

With Brian Lottman
Sunday, Nov 12th 4:30-6:00pm

Crystal Bowl Sound Shower

With ValiAnna
Tuesday, Nov 14th 7:00-8:00pm

The Science & Art of Living Life Fully with Breathwork, Qi Gong, & Chakras Map

With Briksha and Michael Voig
Saturday, Nov 18th 1:00-4:30pm

Shamanic Breathwork

With Suzy Adra
Sunday, Nov 19th 4-6pm

Thanksgiving Day Yoga @ Devendorf Park

With Laura McKinnon
Thursday, Nov 23rd 10:00-11:00am

Tis The Season: A Workshop to Continue Gratitude & Prepare for the Holiday Season

With Laurel Weingand
Sunday, Nov 26th 2-4pm

Weekly Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Monday			
	9:30-10:45am Vinyasa Flow	Studio	Suzy
	6:00-7:15pm Yoga 101	Studio	Laura
	<i>(Class meets Nov 6, 13, & 27)</i>		
Tuesday			
	9:30-10:30am Hatha Yoga	Studio	Mira
	6:00-7:00pm Hatha Flow	Studio	Bree
	<i>(Nov theme – Grounding in Gratitude)</i>		
Wednesday			
	9:30-10:30am Hatha Flow	Studio	Bree
	5:30-6:30pm Therapeutic Flow	Studio	Rebekah
	7:00-8:00pm Prenatal Yoga	Studio	Destiny
Thursday			
	9:30-10:45am Hatha Yoga	Studio & Live Stream	Laura
	5:30-6:30pm Salty Vinyasa	Studio	Amanda
Friday			
	10:00-11:00am Therapeutic Hatha	Studio	Laura
Saturday			
	10:00-11:30am Hatha Yoga	Studio	David
Sunday			
	10:00-11:15am Therapeutic Hatha	Outdoor @ Folktale Winery	Destiny