

“Success is to wake up each morning and consciously decide that today will be the best day of your life.” -Ken Poirot

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(F) = Fitness Class (Y) = Yoga Class (E) = Event</p>	1 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm	2 (Y) Chair Yoga 6:00pm-7:00pm	3 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Balanced Flow 7:00pm-8:00pm	4 (F) Flexibility & Stamina 6:00pm-7:00pm	5 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	6 (Y) Hatha Flow 8:30am-9:30am (Y) Chair Yoga 10am-11am (E) Inversion Intensive 230pm-4pm
7 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	8 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm	9 (Y) Chair Yoga 6:00pm-7:00pm	10 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Balanced Flow 7:00pm-8:00pm	11 (F) Flexibility & Stamina 6:00pm-7:00pm	12 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	13 (Y) Yoga in the Park Versailles 830am-930am (Y) Chair Yoga 10:00pm-11:00am (E) Inversion Intensive 230pm-4pm
14 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	15 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm	16 (Y) Chair Yoga 6:00pm-7:00pm	17 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Balanced Flow 7:00pm-8:00pm	18 (F) Flexibility & Stamina 6:00pm-7:00pm	19 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	20 (Y) Hatha Flow 8:30am-9:30am (Y) Chair Yoga 10am-11am (E) Inversion Intensive 230pm-4pm
21 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	22 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm	23 (Y) Chair Yoga 6:00pm-7:00pm	24 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Balanced Flow 7:00pm-8:00pm	25 (F) Flexibility & Stamina 6:00pm-7:00pm	26 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	27 (Y) Yoga in the Park Versailles 830am-930am (Y) Chair Yoga 10:00pm-11:00am (E) Inversion Intensive 230pm-4pm
28 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	29 (F) Strength & Flexibility 6:00pm-7:30pm	30 (Y) Chair Yoga 6:00pm-7:00pm	31 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Balanced Flow 7:00pm-8:00pm	<p>*See attachment for addition information on Park Yoga classes.</p> <p>-BOOK YOUR INFRARED SUANA VISITOR PRIVATE (Aerial, personal training, inversions, Reiki, etc.) TODAY!!</p> <p>-Join us for a 6 week Inversion and Hand Balance Intensive course. Sign up on our website. Price is \$100 Dollars for the 6 week course.</p>		

Website: Autumnmoonsyoga.com

1085 Eagle Lake Drive, Suite #3 Lawrenceburg Ky 40342

Email: Autumnmoonshealingyoga@gmail.com

Text or Call: 502-837-1803