

# January 2022

“Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny.”

-Mahatma Gandhi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(F) = Fitness Class (Y) = Yoga Class (E) = Event</p> <p><i>*Now accepting bookings for Aerial Privates. Call, Text or drop by for more information or to book.</i></p>						<p>1 (Y) 108 Sun Salutations (Winter Solstice 2021 + New Year 2022) 10:00am-12pm</p>
<p>2 (Y) YogaMama (Prenatal) 1:00pm-2:00pm (Y) Beginners Yoga 4:00pm-5:00pm (F) Stretch&amp;Strengthen 6:00pm-7:30pm</p>	<p>3 (F) Ignite + Hoop 6:00pm-7:00pm</p>	<p>4 (Y) Chair Yoga 6:00pm-7:00pm</p>	<p>5 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Vinyasa Flow 7:00pm-8:00pm</p>	<p>6 (Y) Partner Yoga 6:00pm-7:00pm</p>	<p>7 (Y) Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>8 (Y) HathaFlow 8:30am-9:30am (Y) Chair Yoga 10am-11am (Y) FamilyYoga 1:00pm-2:00pm (Y) SlowFlow EveningYoga 6pm-7pm</p>
<p>9 (Y) YogaMama (Prenatal) 1:00pm-2:00pm (Y) Beginners Yoga 4:00pm-5:00pm (F) Stretch&amp;Strengthen 6:00pm-7:30pm</p>	<p>10 (F) Ignite + Hoop 6:00pm-7:00pm</p>	<p>11 (Y) Chair Yoga 6:00pm-7:00pm</p>	<p>12 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Vinyasa Flow 7:00pm-8:00pm</p>	<p>13 (Y) Partner Yoga 6:00pm-7:00pm</p>	<p>14 (Y) Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>15 (Y) HathaFlow 8:30am-9:30am (Y) Chair Yoga 10am-11am (Y) FamilyYoga 1:00pm-2:00pm (Y) SlowFlow EveningYoga 6pm-7pm</p>
<p>16 (Y) YogaMama (Prenatal) 1:00pm-2:00pm (Y) Beginners Yoga 4:00pm-5:00pm (F) Stretch&amp;Strengthen 6:00pm-7:30pm</p>	<p>17 (F) Ignite + Hoop 6:00pm-7:00pm</p>	<p>18 (Y) Chair Yoga 6:00pm-7:00pm</p>	<p>19 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Vinyasa Flow 7:00pm-8:00pm</p>	<p>20 (Y) Partner Yoga 6:00pm-7:00pm</p>	<p>21 (Y) Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>22 (Y) HathaFlow 8:30am-9:30am (Y) Chair Yoga 10am-11am (Y) FamilyYoga 1:00pm-2:00pm (Y) SlowFlow EveningYoga 6pm-7pm</p>
<p>23 (Y) YogaMama (Prenatal) 1:00pm-2:00pm (Y) Beginners Yoga 4:00pm-5:00pm (F) Stretch&amp;Strengthen 6:00pm-7:30pm</p>	<p>24 (F) Ignite + Hoop 6:00pm-7:00pm</p>	<p>25 (Y) Chair Yoga 6:00pm-7:00pm</p>	<p>26 (Y) Beginners Yoga 5:30pm-6:30pm (Y) Vinyasa Flow 7:00pm-8:00pm</p>	<p>27 (Y) Partner Yoga 6:00pm-7:00pm</p>	<p>28 (Y) Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>29 (Y) HathaFlow 8:30am-9:30am (Y) Chair Yoga 10am-11am (Y) FamilyYoga 1:00pm-2:00pm (Y) SlowFlow EveningYoga 6pm-7pm</p>

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