

October, here's to you. Here's to the heady aroma of the "Cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."
-Ralph Waldo Emerson

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (Y)Back to the Basics, Yoga 101 6:00pm-7:00pm	2 (F)Flexibility Deep Dive 6:00pm-7:00pm	3 Schedule your private between 5:30pm - 8pm	4 Schedule your private between 6pm - 8pm
5 (Y)Hatha Flow 9am-10am Schedule your private between (10:15am-4pm)	6 (F)Open Studio (No Teacher) 6:00pm-7:00pm	7 Chair Yoga 6:00pm-7:00pm	8 (Y)Back to the Basics, Yoga 101 6:00pm-7:00pm	9 Closed Head Start Event	10 Schedule your private between 5:30pm - 8pm	11 Schedule your private between 6pm - 8pm
12 (Y)Hatha Flow 9am-10am Schedule your private between (10:15am-4pm)	13 (F)Open Studio (No Teacher) 6:00pm-7:00pm	14 (Y)Yin Yoga 6:00pm-7:00pm	15 (Y)Back to the Basics, Yoga 101 6:00pm-7:00pm	16 Closed Head Start Event	17 Schedule your private between 5:30pm - 8pm	18 Schedule your private between 6pm - 8pm
19 (Y)Hatha Flow 9am-10am Schedule your private between (10:15am-4pm)	20 (F)Open Studio (No Teacher) 6:00pm-7:00pm	21 Chair Yoga 6:00pm-7:00pm	22 (Y)Back to the Basics, Yoga 101 6:00pm-7:00pm	23 Closed Happy Thanksgiving!!!	24 Closed Happy Thanksgiving!!!	25 Closed Happy Thanksgiving!!!
26 (Y)Hatha Flow 9am-10am Schedule your private between (10:15am-4pm)	27 Closed No Class	28 (Y)Yin Yoga 6:00pm-7:00pm	29 (Y)Back to the Basics, Yoga 101 6:00pm-7:00pm	30 (F)Flexibility Deep Dive 6:00pm-7:00pm	Schedule your private between 5:30pm - 8pm	
(F) = Fitness Class (Y) = Yoga Class (E) = Event					-Book your private with us.. -Personal Training / Assisted Stretching -Inversion Training -Reiki, etc.	

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