

“Don’t be defined by other people’s expectations. Define your own strengths.”

- Susie Chan

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>(Y)Yin Yoga 6:00pm-7:00pm</i>	2 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	3 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	4	5
6 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	7 <i>Closed</i>	8 <i>Closed</i>	9 <i>Closed</i>	10 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	11	12
13 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	14 <i>(F)Agni (Fire) 6:0pm - 6:45pm</i>	15 <i>Chair Yoga 6:00pm-7:00pm</i>	16 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	17 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	18	19
20 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	21 <i>(F)Agni (Fire) 6:0pm - 6:45pm</i>	22 <i>(Y)Yin Yoga 6:00pm-7:00pm</i>	23 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	24 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	25 <i>Closed for Burgoo Festival</i>	26 <i>Closed for Burgoo Festival</i>
27 <i>Closed for Burgoo Festival</i>	28 <i>(F)Agni (Fire) 6:0pm - 6:45pm</i>	29 <i>Chair Yoga 6:00pm-7:00pm</i>	30 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	31 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>		
<ul style="list-style-type: none"> <li>-Book your private with us..</li> <li>-Personal Training / Assisted Stretching</li> <li>-Inversion Training</li> <li>-Massage / Sauna</li> </ul>					<ul style="list-style-type: none"> <li><i>(F)</i> = Fitness Class</li> <li><i>(Y)</i> = Yoga Class</li> <li><i>(E)</i> = Event</li> </ul>	

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