



## Yoga- Regular Classes

<b>Ease into Yoga Beginner Yoga Series*</b>	Mondays	6:30-7:45pm	Sept 23 – Oct 21	w/ Aleena O'Brien	\$100 5 class series
<b>All-Level Beginner Friendly Yoga</b>	Tuesdays	6:30-7:30pm	Oct 1- Dec 17	No class 10/29	\$25 or 8 class pass
<b>Morning Peaceful Slow Flow</b>	Wednesdays	9:30-10:30am	Sept 11 – Dec 11	No Class 10/30, 11/13	\$25 or 8 class pass
<b>Moonyasa Slow Flow Vinyasa</b>	Wednesdays	6:30-7:30pm	Aug 28, Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4		\$25 or 8 class pass
<b>Slow Flow Vinyasa</b>	Thursdays	6-7pm	Aug 29-Dec 12	No Class 10/31, 11/14 & 11/28	\$25 or 8 class pass
<b>Intermediate* Vinyasa Yoga</b>	Sundays	9:30-10:45am	Aug 18, Sept 8, Oct 6, Nov 3, Dec 8. Dec 29	Please note students must be experienced	\$25 or 8 class pass
<b>Restorative Yoga &amp; Aromatherapy</b>	Sundays	10-11:15am	Oct 20, Nov 24, Dec 15		\$35
<b>Sow Flow &amp; Stretch</b>	Sundays	6:00-7:00pm	Sept 22 - 15	w/Ashley Leaf No class Nov 17	\$25 or 8 class pass

## Special Deep Stretch Yoga

<b>Autumn Equinox Deep Stretch &amp; Meditation</b>	Friday	6-7:15pm	Sept 20		\$25 or 8 class pass
<b>Cultivating Stillness: Deep Stretch Yoga &amp; Yoga Nidra</b>	Friday	6-7:15pm	Oct 25		\$25 or 8 class pass
<b>Digest &amp; Reset: Deep Stretch Yoga for Digestion</b>	Saturday	11-12:15pm	Nov 23		\$25 or 8 class pass
<b>Candlelight Deep Stretch &amp; Hot Chocolate</b>	Friday	6-7:15pm	Dec 13		\$25 or 8 class pass

## For Women Only

<b>Keys to the MoonLodge Series – Yoga &amp; Lifestyle Classes for a Healthier Menstrual Cycle</b>	Monthly Sundays & Wednesdays	Sun 10-12pm Wed 6:15-8:30pm	Sept 13 Follicular Phase Oct 16 Ovulation Nov 13 Luteal Dec 1 Menstruation	Drop-in or sign up for full series	\$59 Ea or \$199 for whole series through Sept 1st
<b>Women's Chant &amp; Healing Circle</b>	Saturday	3:30-4:45	Oct 5		\$20 or 8 class pass
<b>Sacred Pregnancy – Prenatal Yoga &amp; Aromatherapy</b>	Sunday	11:15-12:45pm	Oct 6	All Trimesters Welcome	\$40

\*8 class pass \$180



## Open Houses

<b>Harvest Moon Annual Open House &amp; 1 Year Anniversary!</b>	<b>Friday</b>	<b>6-8:15pm</b>	<b>Sept 13</b>	<b>Food, Readings, Reiki, Shopping</b>	<b>RSVP please (FREE Event)</b>
<b>Annual Holiday Shopping Open House</b>	<b>Sun</b>	<b>11-2pm</b>	<b>Nov 17</b>	<b>Refreshments, Shopping, Discounts!</b>	<b>RSVP for prize basket drawing!</b>

## Special Classes

<b>Autumn Equinox Yoga &amp; Meditation *</b>	Sun	10-11:30am	Sept 22	*At The Holden Arboretum	\$35
<b>Cultivating Stillness: A Meditation &amp; Restorative Yoga Mini-Retreat</b>	Sun	9:30-12:30pm	Sept 29	*Includes refreshments & gift, limited to 8	\$108
<b>Astrology &amp; Aromatherapy</b>	Sat	12-3pm	Oct 5	*Includes aromatherapy supplies	\$79
<b>Aromatics in the Fall: Aromatherapy &amp; Oils for Autumn Skincare</b>	Sat	12:30-2pm	Oct 19	*includes samples	\$40
<b>Gratitude Special Vinyasa</b>	Sat	9:15-10:30am	Nov 23		\$25 or 8 class pass
<b>Aromatherapy Crafting: Making Aromatic Gifts for the Holiday</b>	Sat	12-1:15pm	Dec 7	Includes	\$60 makes 5 holiday gifts
<b>Warming Solstice Vinyasa Flow</b>	Wed	6:15-7:30pm	Dec 18		\$25 or 8 class pass
<b>Making a Winter Mandala &amp; Meditation to Honor the Solstice</b>	Fri	6:30-8pm	Dec 20	*includes mandala making supplies, no yoga, chairs provided	\$40

## Educational Trainings & Certifications

<b>Prenatal Yoga &amp; Lifestyle Training</b>	Fri-Sun	12-5pm	Nov 1-3	Early Bird Savings through Sept 21 <sup>st</sup>	\$499 early bird, \$627 after
<b>300 Hour Yoga Therapy Specialist Teacher Training</b>	Sat & Sun	9:30-3:30pm & 10-2pm	Registration opens this fall for winter training!		

## Yoga Therapy & Therapeutic Yoga Classes

<b>Yoga Therapy Special Topics: Anxiety</b>	Saturday	10-11:30am	Sept 28		\$35
<b>Yoga Therapy Special Topics: Depression</b>	Saturday	10-11:30am	Oct 19		\$35
<b>Yoga Therapy Special Topics: Sleep</b>	Sunday`	12-1:30pm	Nov 24		\$35

