



October 2024 – 400 Plaza Drive, Suite C, Vestal, NY

Calendar of Yoga Classes, Special Workshops and Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1pm: Slow Flow Yoga (Rebecca) 5:45pm: Yin Yoga (Shannon)	2	3 9am: Kundalini/Vinyasa Yoga (Jackie) 5pm: Adaptive Yoga (Rebecca)	4	5
6	7 5pm: Radiant Flow Yoga (Rebecca)	8 1pm: Slow Flow Yoga (Rebecca) 5:45pm: Yin Yoga (Shannon)	9 5:30pm: Vin Yin Yoga (Sarah)	10 9am: Kundalini/Vinyasa Yoga (Jackie) 5pm: Adaptive Yoga (Rebecca)	11	12 12:30pm: Essential Oils and Chakras (Melanie) 
13	14 5pm: Radiant Flow Yoga (Rebecca)	15 1pm: Slow Flow Yoga (Rebecca) 5:45pm: Yin Yoga (Shannon)	16 5:30pm: Sound Bath (Cheryl)	17 9am: Kundalini/Vinyasa Yoga (Jackie) 5pm: Adaptive Yoga (Rebecca)	18	19 11am: Intro to Emotional Freedom Technique (EFT) (Jo)
20	21 5pm: Radiant Flow Yoga (Rebecca)	22 1pm: Slow Flow Yoga (Rebecca) 5:45pm: Yin Yoga (Shannon)	23 5:30pm: Vin Yin Yoga (Sarah)	24 9am: Kundalini/Vinyasa Yoga (Jackie) 5pm: Adaptive Yoga (Rebecca)	25 5pm: Tapping Circle (Emotional freedom technique) (Jo) 	26
27	28 5pm: Radiant Flow Yoga (Rebecca) 6:30pm: Intro to Essential Oils (Melanie) 	29 1pm: Slow Flow Yoga (Rebecca) 5:45pm: Yin Yoga (Shannon)	30 5 pm: Meditation (Jen) 	31 9am: Kundalini/Vinyasa Yoga (Jackie) 5pm: Adaptive Yoga (Rebecca)		

 = FREE For Members

For more information or to register, call 607-237-0065 or visit www.wellness-centered.com

Revised: 9/23/24