

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 Beginner/Gentle 6 pm	3	4 NO CLASS	5
\$10 Drop in fee						
6 HATHA 9 am	7	8 Hatha Flow 9 am CHAIR YOGA 11 am Hatha Flow 6:30 pm	9	10 Beginner/Gentle 6 pm	11 NO CLASS	12
13 HATHA 9 am	14	15 Slow Flow 9 am CHAIR YOGA 11 am NO EVENING CLASS	16	17 Beginner/Gentle 6 pm	18 NO CLASS	19
20 NO CLASS	21	22 Slow Flow 9 am CHAIR YOGA 11 am NO EVENING CLASS	23	24 Beginner / Gentle 6 pm	25 NO CLASS	26
27 HATHA 9 am	28	29 Slow Flow 9 am CHAIR YOGA 11 am Hatha Flow 6:30 pm	30 Beginner / Gentle 6 pm	31 NO CLASS HAPPY HALLOWEEN!		

Yoga is an internal cleansing, not an external exercise. Yoga is self-knowledge. Anything else is just noise
- K. Pattabhi Jois