

November – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct. 27 * Asterisk denotes offerings not open to CCS consumers FALL 2 SERIES START THIS WEEK – REGISTER FOR ALL SIX WEEKS Restorative Yoga with Savannah 6 weeks, 4:30-5:30 p.m., East	Oct. 28 Gentle Yoga 6 weeks with Nikki, noon-1 p.m., East Transform Stress 6 weeks with Mary, 4:30-5:30, <i>virtual</i> * Aerial Yoga 6 weeks with Jamie, 5:30-6:30 p.m., East Yoga for Bigger Bodies 6 weeks with Valerie, 5:30-6:30 p.m., VERONA	Oct. 29 Breath Flow 6 weeks with Rachel, 9-10 a.m., East Yoga Nidra 6 weeks with Mary, noon-12:45 p.m., <i>virtual</i> Insight Flow 6 weeks with Jeanne, 5:30-6:30 p.m., East	Oct. 30 * Aerial Yoga 6 weeks with Jamie, noon-1 p.m., East	Oct. 31 Chair Yoga 6 weeks with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow 6 weeks with Claire, noon-1 p.m., East A Mindful Approach to Self-Compassion 6 weeks with Rachel, 4-5 p.m., East Insight Flow 6 weeks with Valerie, 5:30-6:30 p.m., East Slow Flow 6 Weeks with Aimee, 6:30-7:45 p.m., VERONA	Nov. 1 Restorative 6 weeks with Valerie, noon-1 p.m., East Fire Flow 6 Weeks with Katie, 5:30-6:30 p.m., VERONA Fire Flow 6 Weeks with Rachel, 5:30-6:30 p.m., East	Nov. 2
3	4	5	6 Expressive Arts for Healing with Jamie, 4-week group, 9:30-11 a.m. on Nov. 6, Nov. 20, Dec. 4 and Dec. 11, East	7 Yoga for Better Sleep with Valerie, 7-8:30 p.m., East	8	9
10	11	12	13	14	15	16
17	18 Yoga Nidra with Claire, 7-8 p.m., East	19	20	21	22	23
24 NO REGULAR CLASSES THIS WEEK *Aerial Sound Bath, 6-7 p.m., East	25 NO REGULAR CLASSES THIS WEEK	26 NO REGULAR CLASSES THIS WEEK	27 NO REGULAR CLASSES THIS WEEK	28 THANKSGIVING – CLINIC/STUDIOS CLOSED TODAY	29 CLINIC/STUDIOS CLOSED TODAY	30 * New Moon Mini-Retreat with Rachel, 1-3 p.m., East