

August yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p><i>* Asterisk denotes offerings not open to CCS consumers</i></p>	<p>4</p> <p>Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Energy Healing with Mary, 4:30-5:30 p.m., <i>virtual</i> Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA *Aerial Foundations with Jeanne, 5:30-6:30 p.m., East</p>	<p>5</p> <p>Slow Flow with Katie, 12-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m., East</p>	<p>6</p> <p>Gentle Yoga with Nikki, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA</p>	<p>7</p> <p>Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow with Claire, Noon-1 p.m., East Patio Flow with TBD, 5:30-6:30, AVENTINE</p>	<p>8</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>Yoga for Energy Healing with Mary, 4:30-5:30 p.m., <i>virtual</i></p>	<p>12</p> <p>Slow Flow with Katie, 12-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m., East</p>	<p>13</p> <p>Gentle Yoga with Rachel, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga for Bigger Bodies with Valerie, 5:30-6:30, East</p>	<p>14</p> <p>Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow with Claire, Noon-1 p.m., East Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m.,</p>	<p>15</p> <p>Restorative with Valerie, noon-1 p.m., East</p>	<p>16</p>
<p>17</p> <p>*Aerial Sound Bath with Miranda, 5-6 p.m. East</p>	<p>18</p> <p>Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA</p>	<p>19</p> <p>Slow Flow with Katie, 12-1 p.m., East Patio Flow with TBD, 5:30-6:30 p.m., East</p>	<p>20</p> <p>Gentle Yoga with Nikki, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Jeanne, 5:30-6:30 p.m., East</p>	<p>21</p> <p>Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow with Claire, Noon-1 p.m., East Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m.,</p>	<p>22</p> <p>Restorative with Valerie, noon-1 p.m., East</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA *Aerial Foundations with Jeanne, 5:30-6:30 p.m., East</p>	<p>26</p> <p>Slow Flow with Katie, 12-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m., East Yoga Nidra for Sleep with Savannah, 7:30 p.m., East</p>	<p>27</p> <p>Gentle Yoga with Rachel, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Jeanne, 5:30-6:30 p.m., East</p>	<p>28</p> <p>Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow with Claire, Noon-1 p.m., East Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m.,</p>	<p>29</p> <p>Restorative with Valerie, noon-1 p.m., East</p>	<p>30</p>