

September yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Aug 31</div> <p><i>* Asterisk denotes offerings not open to CCS consumers</i></p>	<div>1</div> <p>LABOR DAY – Last week of drop-in classes</p> <p>No classes Monday</p>	<div>2</div> <p>Slow Flow with Katie, 12-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m., East</p>	<div>3</div> <p>Gentle Yoga with Nikki, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Foundations with Jeanne, 5:30-6:30 p.m., East</p>	<div>4</div> <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 Patio Flow with Jeanne, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East</p>	<div>5</div> <p>Restorative with Valerie, noon-1 p.m., East</p>	<div>6</div> <p>*Silent Day Retreat with Angela and Jeanne, 9 a.m.-4 p.m., VERONA</p>
<div>7</div>	<div>8</div> <p>Gentle Yoga 8 Weeks (45 min) with Savannah, noon-12:45 p.m., East Slow Flow 8 Weeks with Valerie, noon-1 p.m., VERONA Embody the Flow: Yoga for Life's Rhythms 8 Weeks with Mary, 4:30-5:30 p.m., <i>virtual</i> Yoga for Bigger Bodies 8 Weeks with Valerie, 5:30-6:30 p.m., VERONA *Aerial Sound Bath with Angela, 5:30-6:30 p.m. OR 7-8 p.m., East</p>	<div>9</div> <p>Slow Flow 8 Weeks with Katie, noon-1 p.m., East Slow Flow 8 Weeks with Jessi, 4-5 p.m., East Insight Flow 8 Weeks with Mary, 5:30-6:30 p.m. East Restorative 8 Weeks with Jessi, 6:45-7:45 p.m., East</p>	<div>10</div> <p>Gentle Yoga 8 Weeks with Nikki, noon-1 p.m., East Slow Flow 8 Weeks with Valerie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow 8 Weeks with Jeanne, 5:30-6:30 p.m. East</p>	<div>11</div> <p>Slow Flow 8 Weeks with Rachel, 8-9 a.m., East Chair Yoga 8 Weeks with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow 8 Weeks with Claire, noon-1 p.m., East Yoga Nidra 8 Weeks (45 min) with Mary, 12-12:45 p.m., <i>virtual</i> Insight Flow 8 Weeks with Valerie, 5:30-6:30 p.m., East Yin 8 Weeks with Valerie, 6:45-8 p.m., East</p>	<div>12</div> <p>Restorative 8 Weeks with Valerie, noon-1 p.m., East</p>	<div>13</div>
<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>
<div>21</div> <p>*Aerial Sound Bath with Miranda, 5-6 p.m. East</p>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>	<div>28</div>