

# November yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <i>* Asterisk denotes offerings not open to CCS consumers</i>	3 <b>Gentle Yoga 6 Weeks</b> (45 min) with Savannah, noon-12:45 p.m., East <b>Slow Flow 6 Weeks</b> with Valerie, noon-1 p.m., VERONA <b>Navigating Holiday Stress 6 Weeks</b> with Mary, 4:30-5:30 p.m., <i>virtual</i> <b>Yoga &amp; Myofascial Release VERONA</b> with Valerie, 5:30-6:30 p.m.	4 <b>Slow Flow 6 Weeks</b> with Katie, noon-1 p.m., East <b>Slow Flow 6 Weeks</b> with Jessi, 4-5 p.m., East <b>Insight Flow 6 Weeks</b> with Mary, 5:30-6:30 p.m. East <b>Restorative 6 Weeks</b> with Jessi, 6:45-7:45 p.m., East	5 <b>Gentle Yoga 6 Weeks</b> with Nikki, noon-1 p.m., East <b>Slow Flow 6 Weeks</b> with Valerie, 12:30-1:30 p.m., VERONA <b>*Aerial Yoga Flow 6 Weeks</b> with Jeanne, 5:30-6:30 p.m. East <b>*Aerial Sound Bath</b> with Angela, 7-8 p.m. East	6 <b>Chair Yoga 6 Weeks</b> with Valerie, 10-11 a.m., <i>virtual</i> <b>Slow Flow 6 Weeks</b> with Claire, noon-1 p.m., East <b>Yoga Nidra 6 Weeks</b> (45 min) with Mary, 12-12:45 p.m., <i>virtual</i> <b>Insight Flow 5 Weeks</b> with Valerie, 5:30-6:30 p.m., East <b>Yin 5 Weeks</b> with Valerie, 6:45-8 p.m., East	7 <b>Restorative 6 Weeks</b> with Valerie, noon-1 p.m., East	8 <b>*For Mental Health Professionals: Incorporating Yoga Tools into Therapy</b> with Claire, 9 a.m.-4 p.m., East
9 <b>*Ease Into Winter Day Retreat</b> with Jeanne, 9 a.m.-3p.m., VERONA	10	11	12	13	14	15 <b>*Aerial Yoga 50-hour training</b> 8 a.m.-6 p.m. Saturday and Sunday, East
16 <b>*Aerial Yoga Foundations</b> with Jeanne, 4-5 p.m. East <b>*Aerial Sound Bath</b> with Angela, 5:30-6:30 p.m. East <b>*Aerial Sound Bath</b> with Angela, 7-8 p.m. East	17 <b>*Aerial Yoga Foundations</b> with TBD, 5:30-6:30 p.m. East <b>Yoga for Tech Neck VERONA</b> with Valerie, 5:30-6:30 p.m.	18	19	20	21	22
23	24 <b>*Aerial Yoga Foundations</b> with TBD, 4:30-5:30 p.m. East	25	26	27	28	29
30	Dec. 1 <b>*Aerial Yoga Foundations</b> with TBD, 4:30-5:30 p.m. East	Dec. 2	Dec. 3	Dec. 4	Dec. 5	Dec. 6