

# March yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>* Asterisk denotes offerings not open to CCS consumers</i>	2 <b>*Aerial Yoga Foundations</b> with Jeanne, 5:30-6:30 p.m., East <b>Core Aware</b> with Valerie, 5:30-6:30 p.m., Verona	3	4	5	6 <b>Friday Flow</b> with Jessi, 5-6 p.m., East	7 <b>*Aerial Yin</b> with Valerie, 10-11 a.m., East
8 <b>*Aerial Yoga Foundations</b> with Jeanne, 5-6 p.m., East	9 <b>MAKEUP WEEK FOR WINTER 1 CLASSES</b>	10	11	12 <b>*Aerial Yoga Teacher Training</b>	13 <b>*Aerial Yoga Teacher Training</b>	14 <b>*Aerial Yoga Teacher Training</b>
15 <b>*Aerial Yoga Teacher Training</b>  <b>*Aerial Yoga Foundations</b> with Jeanne, 10-11 a.m., East  <b>*Aerial Sound Bath</b> with Angela, 5-6 p.m. East	16 <b>Yoga Nidra 8 Weeks</b> with Savannah, 12-12:45 p.m., <i>virtual</i>  <b>*Aerial Yoga 8 Weeks</b> with Jeanne, noon-1 p.m. East  <b>Slow Flow 8 Weeks</b> with Valerie, noon-1 p.m., VERONA	17 <b>Slow Flow 8 Weeks</b> with Katie, noon-1 p.m., East <b>Insight Flow 8 Weeks</b> with Mary, 5:30-6:30 p.m. East <b>Restorative Yoga 8 Weeks</b> with Jessi, 6:45-7:45 p.m., East	18 <b>Gentle Yoga 8 Weeks</b> with Nikki, noon-1 p.m., East  <b>Slow Flow 8 Weeks</b> with Valerie/Katie, 12:30-1:30 p.m., VERONA  <b>*Aerial Yoga 8 Weeks</b> with Jeanne, 5:30-6:30 p.m. East	19 <b>Chair Yoga 8 Weeks</b> with Valerie, 10-11 a.m., <i>virtual</i> <b>Slow Flow 8 Weeks</b> with Claire, noon-1 p.m., East <b>Yoga Nidra 8 Weeks</b> with Mary, 12-12:45 p.m., <i>virtual</i> <b>Insight Flow 8 Weeks</b> with Valerie, 5:30-6:30 p.m., East <b>Yin 8 Weeks</b> with Valerie, 6:45-8 p.m., East	20 <b>Living Your Yoga 8 Weeks</b> with Valerie, 10-11 a.m., <i>virtual</i>  <b>Restorative 8 Weeks</b> with Valerie, noon-1 p.m., East	21
22	23 <b>Gentle Sound Bath</b> with Valerie, 5:30-6:30 p.m., Verona	24	25	26	27	28
29	30	31	April 1	April 2	April 3	April 4