

# April – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 29 <i>* Asterisk denotes offerings not open to CCS consumers</i>	March 30 <b>8-week series run each weekday through May 8</b>	March 31	1	2	3 Insight Karma with Katie, 3-4 p.m., East  Friday Flow with Jessi, 5-6 p.m., East	4
5	6 Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., Verona Yoga Nidra with Claire, 6:30-7:30 p.m., East	7	8	9	10 Insight Karma with Katie, 3-4 p.m., East	11 *Aerial Yin with Valerie, 10-11 a.m., East * Couples Day Retreat with Abby and Kelly, 9 a.m.-3 p.m., VERONA
12 * Intuitive Eating Day Retreat with Jeanne, 9 a.m.-4 p.m., VERONA *Aerial Sound Bath with Angela, 5 p.m. East *Aerial Restorative with Angela, 6:30 p.m. East	13	14	15	16	17 No yoga programming due to all-staff in-service	18
19	20 Core Aware with Valerie, 5:30-6:30 p.m., VERONA	21	22	23	24 * Incorporating Yoga Tools into Therapy clinical training, 9 a.m.-4 p.m., East Insight Karma with Katie, 3-4 p.m., East	25
26	27 *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m., East	28	29	30	May 1	May 2