

August yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <i>* Asterisk denotes offerings not open to CCS consumers</i>	3 *Aerial Core Aware with Valerie, 5:30-6:30 p.m., East	4 Slow Flow with Katie, noon-1 p.m., East Patio Flow with Jessi, 5:30-6:30 p.m., Aventine	5 Slow Flow with Valerie/Katie, 12:30- 1:30 p.m., VERONA *Aerial Yoga Foundations with Katie, 5:30-6:30- p.m. East *Aerial Sound Bath with Angela, 6:45 p.m. East	6 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow with Claire, noon-1 p.m., East Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	7 Restorative with Valerie, noon-1 p.m., East	8
9 *Align with Nature Day Retreat with Jeanne, 9 a.m.-4 p.m., Verona	10 *Aerial Core Aware with Valerie, 5:30-6:30 p.m., East	11 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30- p.m. East	12 Slow Flow with Valerie/Katie, 12:30- 1:30 p.m., VERONA *Aerial Yoga Flow with Sophie, 5:30- 6:30- p.m. East	13 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow with Claire, noon-1 p.m., East Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	14 Restorative with Valerie, noon-1 p.m., East	15
16 MAKEUP WEEK FOR SUMMER 2 SESSION	17 *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m. East	18 Insight Flow with Mary, 5:30-6:30- p.m. East	19 *Aerial Yoga Flow with Sophie, 5:30- 6:30- p.m. East	20 Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Patio Flow with Claire, 5:30-6:30 p.m., Aventine	21	22 Yoga for Beginners with Katie, 1-2:30 p.m., East
23	24 *Aerial Yoga Foundations with Sophie, 5:30-6:30 p.m. East	25 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30- p.m. East	26 Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Sophie, 5:30- 6:30 p.m., East	27 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., East	28	29
30	31 *Aerial Yoga Foundations with Sophie, 5:30-6:30 p.m. East	Sept. 1 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30- p.m. East	Sept. 2 Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Sophie, 5:30- 6:30 p.m., East	Sept. 3 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., East	Sept. 4	Sept. 5