

September yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 30 <i>*Asterisk denotes offerings not open to CCS consumers</i>	Aug 31 *Aerial 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	2 Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Sophie, 5:30-6:30 p.m., East	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	4	5
6	7 LABOR DAY – Last week of drop-in classes No classes Monday	8 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m. East	9 Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Restorative with Angela, 5:30 p.m. East *Aerial Sound Bath with Angela, 6:45 p.m. East	10 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	11	12 *Aerial Yoga Teacher Training 8 a.m.-6 p.m., East
13 *Aerial Yoga Teacher Training 8 a.m.-6 p.m., East *Aerial Yoga Foundations with Jeanne, 4:30-5:30 p.m., East	14 Gentle Yoga 6 Weeks with Valerie, noon-1 p.m., East Core Aware on the Mat 6 Weeks with Valerie, 5:30-6:30 p.m., East	15 *Aerial Yoga Flow 6 Weeks with Katie, 10-11 a.m., East Slow Flow 6 Weeks with Katie, noon-1 p.m., East Insight Flow 6 Weeks with Jessi, 5:30-6:30 p.m. East Restorative Yoga 6 Weeks with Jessi, 6:45-7:45 p.m., East	16 Move, Breathe, Regulate 6 Weeks with Mary, noon-1 p.m., East Slow Flow 6 Weeks with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow 6 Weeks with Jeanne, 5:30-6:30 p.m., East	17 Chair Yoga 6 Weeks with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra 6 Weeks with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow 6 Weeks with Claire, Noon-1 p.m., East Insight Flow 6 Weeks with Valerie, 5:30-6:30 p.m., East Yin Yoga 6 Weeks with Valerie, 6:45-8 p.m., East	18	19
20	21 Gentle Yoga 6 Weeks with Valerie, noon-1 p.m., East Core Aware on the Mat 6 Weeks with Valerie, 5:30-6:30 p.m., East	22 *Aerial Yoga Flow 6 Weeks with Katie, 10-11 a.m., East Slow Flow 6 Weeks with Katie, noon-1 p.m., East Insight Flow 6 Weeks with Jessi, 5:30-6:30 p.m. East Restorative Yoga 6 Weeks with Jessi, 6:45-7:45 p.m., East	23 Move, Breathe, Regulate 6 Weeks with Mary, noon-1 p.m., East Slow Flow 6 Weeks with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow 6 Weeks with Jeanne, 5:30-6:30 p.m., East	24 Chair Yoga 6 Weeks with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra 6 Weeks with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow 6 Weeks with Claire, Noon-1 p.m., East Insight Flow 6 Weeks with Valerie, 5:30-6:30 p.m., East Yin Yoga 6 Weeks with Valerie, 6:45-8 p.m., East	25	26
27	28 Gentle Yoga 6 Weeks with Valerie, noon-1 p.m., East Core Aware on the Mat 6 Weeks with Valerie, 5:30-6:30 p.m., East	29 *Aerial Yoga Flow 6 Weeks with Katie, 10-11 a.m., East Slow Flow 6 Weeks with Katie, noon-1 p.m., East Insight Flow 6 Weeks with Jessi, 5:30-6:30 p.m. East Restorative Yoga 6 Weeks with Jessi, 6:45-7:45 p.m., East	30 Move, Breathe, Regulate 6 Weeks with Mary, noon-1 p.m., East Slow Flow 6 Weeks with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow 6 Weeks with Jeanne, 5:30-6:30 p.m., East	Oct. 1 Chair Yoga 6 Weeks with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra 6 Weeks with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow 6 Weeks with Claire, Noon-1 p.m., East Insight Flow 6 Weeks with Valerie, 5:30-6:30 p.m., East Yin Yoga 6 Weeks with Valerie, 6:45-8 p.m., East	Oct. 2	Oct. 3 *Silent Day Retreat with Angela and Jeanne, 9 a.m.-4 p.m., VERONA