

October yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 27 <i>* Asterisk denotes offerings not open to CCS consumers</i>	Sept. 28 FALL 6-WEEK SERIES CONTINUE THROUGH OCTOBER	Sept. 29	Sept. 30	Oct. 1	Oct. 2	Oct. 3 *Silent Day Retreat with Angela and Jeanne, 9 a.m.-4 p.m., VERONA
4 *Intuitive Eating Day Retreat with Jeanne, 9 a.m.-4 p.m., at the Enlightened Living Center in Burlington, Wis.	5	6	7	8	9 *Aerial Yoga Foundations with Katie, 4-5 p.m., East	10
11 *Aerial Restorative with Angela, 4 p.m. East *Aerial Sound Bath with Angela, 5:15 p.m. East	12 *Aerial Yoga Foundations with Sophie, 6:45-7:45 p.m., East	13	14	15	16	17
18	19 *Aerial Yoga Foundations with Sophie, 6:45-7:45 p.m., East	20	21	22	23 *Couples Day Retreat with Abby and Kelly, 9 a.m.-3 p.m., VERONA *200-hour Yoga Teacher Training with Valerie and Jeanne, 1-5 p.m., East	24 *200-hour Yoga Teacher Training with Valerie and Jeanne, 8 a.m.-6 p.m., East
25 *200-hour Yoga Teacher Training with Valerie and Jeanne, 8 a.m.-6 p.m., East	26 MAKEUP WEEK FOR FALL 1	27	28	29	30	31 *Aerial Yoga Foundations with Sophie, 10-11 a.m., East