

November yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
¹ <i>* Asterisk denotes offerings not open to CCS consumers</i>	² 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	³ 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	⁴ Move, Breathe, Regulate 6 Weeks with Mary, noon-12:45 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	⁵ 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	⁶ Restorative Yoga 6 Weeks with Kendra, noon-1 p.m., East *Aerial Yoga Foundations with Katie, 4-5 p.m., East	⁷
⁸ *Aerial Yoga Foundations with Sophie, 5-6 p.m., East	⁹ SIX-WEEK SERIES CONTINUE	¹⁰	¹¹	¹²	¹³ *200-hour Yoga Teacher Training with Valerie and Jeanne, 1-5 p.m., East	¹⁴ *200-hour Yoga Teacher Training with Valerie and Jeanne, 8 a.m.-6 p.m., East
¹⁵ *200-hour Yoga Teacher Training with Valerie and Jeanne, 8 a.m.-6 p.m., East *Aerial Sound Bath with Angela, 6:30 p.m. East	¹⁶ SIX-WEEK SERIES CONTINUE	¹⁷	¹⁸	¹⁹	²⁰ *Aerial Yoga Foundations with Katie, 4-5 p.m., East	²¹
²² *Aerial Yoga Foundations with Sophie, 5-6 p.m., East	²³ THANKSGIVING WEEK, NO CLASSES	²⁴	²⁵	²⁶	²⁷	²⁸
²⁹	³⁰ SIX-WEEK SERIES CONTINUE	Dec. 1	Dec. 2	Dec. 3	Dec. 4	Dec. 5 *Mindful Movement, Art & Play with Jessi, 10 a.m-1 p.m., East