

Session Break Schedule *oct 30-nov 5/17*

Student Practice Teach Week*

\$5 drop in for all student teacher classes*



Monday Oct 30	Tuesday Oct 31	Wednesday Nov 1	Thursday Nov 2	Friday Nov 3	Saturday Nov 4	Sunday Nov 5
Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Yin/Yang Yoga	
9-10:30am Audrey*	9-10:30am Gerda	9-10:30am Joan	9-10:30am Gerda	9-10:30am Leah*	8:45-10:15pm Chris H.	
Beginner Yoga	Realignment Yoga	Fitmama (mom & baby)	Gentle Restorative Yoga	Yin Yoga	Hatha Yoga	Hatha Intermediate
10:45-12pm Karen*	9:15-10:30am Joan	9:30-10:30am Sara	9:15-10:45pm Karen	9:15-10:30am Janet	9 - 10:30am Karen	9-10:30am Janet
Realignment Yoga	Beginner Yoga	Realignment Yoga		Beginner Yoga	Realignment Yoga	
11 - 12:15pm Eva	11 - 12:15pm Melissa*	11 - 12:15pm Joan		10:45-12pm Norma*	10:30-11:45am Reg	
Yin/Yang Yoga	Realignment Yoga	Hatha Yoga	Hatha Yoga	Realignment Yoga	Hatha Yoga	
5:30-7:00pm Janet	5:30-6:45pm Jill	1 - 2:30pm Trina*	5:30-6:45pm Jessica*	11-12:15pm Jill	10:30-12pm Janet	
Beginner Yoga	Hatha Yoga	Yoga for Kids (6-9yrs)	Yoga & Meditation for Stress Relief	Realignment Yoga		
7:15-8:45pm Maureen*	7 - 8:15pm Jill	4:15-5:15pm Candy	5:30 - 7pm Pam	12:30-2:15pm Jill		



Yoga for Anxiety	Yoga for Kids (9-12 yrs)	Hatha Yoga
7 - 8:30pm Gillian K.	4:15-5:15pm Donalee	7 - 8:30pm Taz*
	Gentle & Somatic Yoga	
	5:45-7:00pm Jean	
	Beginner Yoga	
	7:15-8:30pm Brandi*	



CONGRATULATIONS to the YfT Graduating Class of 2017!!



We are so proud of these 10 Amazing Teachers ready to share their love, light and passion for Yoga with the World!



Next YfT Teacher Training Program
March - November 2018
It's a journey you don't want to miss!