

Session Break Schedule *oct 30-nov5/17*

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 9-10:30am <i>Audrey*</i>	Hatha Yoga 9-10:30am Gerda	Hatha Yoga 9-10:30am Joan	Hatha Yoga 9-10:30am Gerda	Hatha Yoga 9-10:30am <i>Leah*</i>	Yin/Yang Yoga 8:45-10:15pm Chris H.	
Beginner Yoga 10:45-12pm <i>Karen*</i>	Realignment Yoga 9:15-10:30am	Fitmama (mom & baby) 9:30-10:30am Sara	Gentle Restorative Yoga 9:15-10:45pm Karen	Yin Yoga 9:15-10:30am Janet	Hatha Yoga 9 - 10:30am Karen	Hatha Intermediate 9-10:30am Janet
Realignment Yoga 11 - 12:15pm Eva	Beginner Yoga 11 - 2:15pm <i>Melissa*</i>	Hatha Yoga 1-2:30pm <i>Trina*</i>		Beginner Yoga 10:45-12pm <i>Norma*</i>	Realignment Yoga 10:30-11:45am Reg	
Yin/Yang Yoga 5:30-7:00pm Janet	Realignment Yoga 5:30-6:45pm Jill	Yoga for Kids (6-9 yrs) 4:15-5:15pm Candy	Hatha Yoga 5:30-6:45pm <i>Jessica*</i>	Realignment Yoga 11-12:15pm Jill	Hatha Yoga 10:30-12pm Janet	
Beginner Yoga 7:15-8:45pm <i>Maureen*</i>	Hatha Yoga 7 - 8:15pm Jill	Yoga for Kids (9-12 yrs) 4:15-5:15pm Donalee	Yoga & Meditation for Stress Relief 5:30 - 7pm Pam	Realignment Yoga 12:30-2:15pm Jill		
	Yoga for Anxiety 7 - 8:30pm Gillian K.	Gentle & Somatic Yoga 5:45-7:00pm Jean	Hatha Yoga 7 - 8:30pm <i>Taz*</i>			
		Beginner Yoga 7:15-8:30pm <i>Brandi*</i>				



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

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!

