



October
2017

Group Yoga

provided
by:



VOTED TRIAD'S BEST YOGA STUDIO 2014, 2015 and 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Class	2 No Class	3 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	4 No Class	5 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	6 No Class	7 9:15 AM – 10:15 AM Yoga Foundations (Murielle)
8 No Class	9 No Class	10 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	11 No Class	12 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	13 No Class	14 9:15 AM – 10:15 AM Yoga Foundations (Rob)
15 No Class	16 No Class	17 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	18 No Class	19 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	20 No Class	21 9:15 AM – 10:15 AM Yoga Foundations (Rob)
22 No Class	23 No Class	24 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	25 No Class	26 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	27 No Class	28 9:15 AM – 10:15 AM Yoga Foundations (Rob)
29 No Class	30 No Class	31 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) NO EVENING CLASSES Happy Halloween				

Yoga Foundations on Saturday mornings will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.