

FALL YOGA WITH SHANNON

LIVE VIA ZOOM

All times are listed in PT. Late afternoon/evening classes are in blue ink.



SEPTEMBER

Thurs, 16th	Restorative Yoga	7 - 8:15 pm
Sun, 19th	Yin, Yang, Meditation	4 - 6 pm
Wed, 22nd	Fall Equinox Practice	6 - 7:15 pm

OCTOBER

Sun, 3rd	Dynamic Flow	9 - 10:30 am
Tues, 12th	Evening Asana	8 - 8:30 pm
Tues 19th	Yoga for Cleansing	7 - 8:15 am
Thurs, 21st	Restorative Yoga	7 - 8:15 pm
Sun, 24th	Yin, Yang, Meditation	4 - 6 pm

NOVEMBER

Thurs, 11th	Restorative Yoga	7 - 8:15 pm
M - F, 15 - 19th	Breath/Meditation	6:30 - 7 am
Sun, 21st	Yin, Yang, Meditation	4 - 6 pm
Thurs, 25th	Thanksgiving Dynamic Flow	9 - 10:30 am

DECEMBER

Sun, 12th	Yin, Yang, Meditation	4 - 6 pm
M - F, 13 - 17	Morning Asana	6:30 - 7 am
Sun, 19th	Dynamic Flow	9 - 10:30 am
Tues, 21st	Winter Solstice Practice	7 - 8:15 am