

OCTOBER 2023

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SUN	MON	TUE	WED	THU	FRI	SAT
1	<p>2 7am - Yoga for Anxiety W. Emily</p> <p>9am - Yoga for Healthy Aging w. Michele</p> <p>6pm - Dynamic Yoga w. Michele</p>	<p>3 9:45am - Vinyasa Flow w. Kendra</p> <p>5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>	<p>4 8:00am - Gentle Movements w. Emily</p> <p>6pm - Mindful Yoga w. Mariella</p>	<p>5 5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p> <p>7pm - Yoga for Anxiety W. Emily</p>	<p>6 11am - iRest Yoga Nidra w. Michele</p> <p>4:30pm - Beginner Yoga w. Emily</p> <p>5:30pm - Pre/Postnatal Yoga w. Emily</p>	<p>7 9:15am - Breathe, Align, Flow Vinyasa Yoga with Michele</p>
8	<p>9 7am - Yoga for Anxiety W. Emily</p> <p>9am - Yoga for Healthy Aging w. Michele</p> <p>6pm - Dynamic Yoga w. Michele</p>	<p>10 9:45am - Vinyasa Flow w. Kendra</p> <p>5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>	<p>11 8:00am - Gentle Movements w. Emily</p> <p>6pm - Mindful Yoga w. Mariella</p>	<p>12 5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p> <p>7pm - Yoga for Anxiety W. Emily</p>	<p>13 11am - iRest Yoga Nidra w. Michele</p> <p>4:30pm - Beginner Yoga w. Emily</p> <p>5:30pm - Pre/Postnatal Yoga w. Emily</p>	<p>14 9:15am - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>
15	<p>16 7am - Yoga for Anxiety W. Emily</p> <p>9am - Yoga for Healthy Aging w. Michele</p> <p>6pm - Dynamic Yoga w. Michele</p>	<p>17 9:45am - Vinyasa Flow w. Kendra</p> <p>5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>	<p>18 8:00am - Gentle Movements w. Emily</p> <p>6pm - Mindful Yoga w. Mariella</p>	<p>19 5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p> <p>7pm - Yoga for Anxiety W. Emily</p>	<p>20 11am - iRest Yoga Nidra w. Michele</p> <p>4:30pm - Beginner Yoga</p> <p>5:30pm - Pre/Postnatal Yoga</p>	<p>21 9:15am - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>
22	<p>23 7am - Yoga for Anxiety W. Emily</p> <p>9am - Yoga for Healthy Aging w. Michele</p> <p>6pm - Dynamic Yoga w. Michele</p>	<p>24 9:45am - Vinyasa Flow w. Kendra</p> <p>5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>	<p>25 8:00am - Gentle Movements w. Emily</p> <p>6pm - Mindful Yoga w. Mariella</p>	<p>26 5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p> <p>7pm - Yoga for Anxiety W. Emily</p>	<p>27 11am - iRest Yoga Nidra w. Michele</p> <p>4:30pm - Beginner Yoga w. Emily</p> <p>5:30pm - Pre/Postnatal Yoga w. Emily</p>	<p>28 9:15am - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>
29	<p>30 7am - Yoga for Anxiety W. Emily</p> <p>9am - Yoga for Healthy Aging w. Michele</p> <p>6pm - Dynamic Yoga w. Michele</p>	<p>31 9:45am - Vinyasa Flow w. Kendra</p> <p>5:30pm - Breathe, Align, Flow Vinyasa Yoga w. Michele</p>				