



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:45 am		Yoga for Every Body	Aerial Yoga	Yin Yoga		Yoga for Every Body	Yoga for Every Body
11:00 am - 12:00 pm			Gentle Yoga		Gentle Yoga		
11:00 am - 12:15 pm				Myofascial Release Yoga			Aerial Yoga
11:15 am - 12:00 pm		SilverSneakers® Yoga			SilverSneakers® Yoga		
2:00 - 3:30 pm	Restorative Yoga 11/17						
6:00 - 7:15 pm		Vinyasa Flow Yoga		Yin-Yasa Yoga	Yin Yoga		
6:15 - 7:15 pm		Aerial Yin Yoga 11/11					
6:15 - 7:30 pm			Aerial Yoga		Aerial Yoga		
7:30 - 8:15 pm		Gong Sound Bath 11/18					
7:30 - 8:30 pm		Yoga Nidra 11/25					

**Pre-registration strongly suggested.**

**Classes may be cancelled if no one is registered at least one hour prior to start time.**



## Upcoming Events

### November Full Moon Workshop

Friday, Nov. 15

7:30 - 9:00 pm

Native Tribes called the November Full Moon many names such as the Digging, Frost, or the Beaver Moon because it takes place during the end of Autumn when the forest creatures are preparing their winter shelters as the cold weather begins to settle over the earth. Happening in the airy Astrological sign of Gemini, this 90-minute session will focus on releasing the ways we can judge ourselves and others and how these judgments can keep us from being more spontaneous and going with the flow through meditation with a gentle flow and restorative poses accompanied by a sound bath.

**Pre-registration suggested.**

***\$30 per person (15% off for members)***

### Aerial Yoga for Beginners:

4-week Course

Saturdays, Jan. 4 - 26

12:30 - 1:30 pm

Join Beth for a 4-week series to get acquainted with yoga in the aerial swing. IYT's unique aerial style incorporates the aerial swing into traditional-style yoga classes for a fun and challenging experience. This introduction is appropriate for all beginner students.

**Pre-registration required.**

***\$99 per person (15% off for members)***

### Yoga for Beginners:

8-week Course

Mondays, Jan. 6 - Nov. 22

6:15 - 7:30 pm

This 8-week course will prepare you to step out into group yoga classes with confidence and knowledge. We will explore various styles of yoga and cover the basics of yoga poses, breathing and common terminology. This course is appropriate for absolute beginners, as well as students looking to step back to a beginner's mind to learn the core basics of yoga. Registrants for this course should be comfortable sitting on the floor.

**Pre-registration required.**

***\$199 per person (15% off for members)***