

October Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		9:30-10:45am Yoga 4 Backs	10:00-11:15am Backbending	9:30-11:00am C.A.T. * (Sept. 16 to Oct. 28) (Nov. 4 to Dec. 16)	9:15-10:30am Yoga 4 Backs
Noon Hour Yoga 4 Backs	10-11:15am Inversions	Noon Hour Yoga 4 Backs		Noon Hour C.A. Series	10:45-12:15pm C.A.T. * (Sept. 17 to Oct. 29) (Nov. 5 to Dec. 17)
4:30-5:45 Yoga 4 Backs	5:30-6:45pm Yoga 4 Backs	5:15-7:00pm C.A.T.* (Sept. 14 to Oct. 26) (Nov. 2 to Dec. 14)	5:15-6:30pm Yoga 4 Backs		
6:00-7:30pm C.A.T.* (Nov. 7-Dec. 19)	7:00-9:00pm Anatomy* (Oct. 11-Dec. 13)				

Class Descriptions:

Yoga 4 Backs: Excellent class for all levels, including beginners. Working specifically on releasing the tight areas of the back, neck, shoulders, and hips then working gently to re-build strength and coordination.

Backbending, Inversions, C.A. Series: These intermediate level classes are ideal for anyone wanting to learn and experience a deeper understanding of alignment and movement.

C.A.T. *: This small group, pre-registered class will work around the specific areas of those registered in a therapy style session.

Fall Schedule runs Sept. 6 to Dec. 22

Unlimited 4 week pass: \$165

10 pass: \$175

Drop in: \$20

Please note: there will be no classes on: Oct. 10th

Anatomy & Yoga session: \$250

*Critical Alignment Therapy (C.A.T.) session: \$195



Please contact Monica to register for sessions or passes.

Email: monica@yogadotcalm.com or call 403-225-2267

