



October 2018

Register ONLINE : www.sanghacentryoga.com

Please preregister for classes marked ()

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	2 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	3 6pm Power Flow 7:30 Beginner Yoga	4 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	5 9:30 Yoga Lab	6 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner 1pm <i>Fascia wkshp*</i>
7 9am \$5 Community Yoga <i>6pm Book Club</i>	8 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	9 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	10 6pm Power Flow 7:30 Beginner Yoga	11 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	12 9:30 Yoga Lab	13 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <i>12:45 Young Living Open House</i>
14 9am \$5 Community Yoga	15 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	16 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	17 6pm Power Flow 7:30 Beginner Yoga	18 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	19 9:30 Yoga Lab 6:30 Pranayama	20 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner <i>1pm On and Off*</i>
21 9am \$5 Community Yoga	22 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	23 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	24 6pm Power Flow 7:30 Beginner Yoga	25 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	26 9:30 Yoga Lab 6:30 Restorative Yoga	27 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
28 9am \$5 Community Yoga	29 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	30 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	31 6pm Power Flow 7:30 Beginner Yoga	Nov 1 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	2 9:30 Yoga Lab <i>6:30-8 Grounding For the Season *</i>	3 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner