



November 2018

Register ONLINE : www.sanghacenteryoga.com

Please preregister for classes marked ()

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	2 9:30 Yoga Lab 6:30-8 Grounding For the Season *	3 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
4 9am \$5 Community Yoga 6pm Book Club	5 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	6 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	7 6pm Power Flow 7:30 Beginner Yoga	8 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	9 9:30 Yoga Lab	10 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner 1-5pm Reiki 1 Training*
11 9am \$5 Community Yoga	12 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	13 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	14 6pm Power Flow 7:30 Beginner Yoga	15 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	16 9:30 Yoga Lab	17 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner 1pm On and Off*
18 9am \$5 Community Yoga	19 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	20 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	21 6pm Power Flow 7:30 Beginner Yoga	22 9:30 Donation Class (Level 2) Thanksgiving	23 9:30 B&B Yoga	24 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
25 9am \$5 Community Yoga	26 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	27 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	28 6pm Power Flow 7:30 Beginner Yoga	29 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	30 9:30 Yoga Lab 6:30 Restorative Yoga	Dec 1 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner