SEPTEMBER WELLNESS

MON	TUE	WED	THU	FRI	SAT	SUN
01 *No Chair Yoga*	02	03 Sound Bath 2pm	04	05 Fitness with Sharon	06	07
08 CHAIR YOGA 2pm	09	10	11 Replay: T'ai Chi w/Rami 11am	12	13	14
15 CHAIR YOGA 2pm	16	17	18 Movement with Mark 11am	19 Yoga Nidra 3pm	20	21
22 CHAIR YOGA 2pm	23 Mindfulness Meditation 6pm	24	25 Caregiving Webinar 1pm	26 Gentle Yoga 11am	27	28
29 Chair Yoga w Sharon R. 2pm	30	01 Qigong w/Donna 11am	02	03 Sound Bath 2pm	04	05

all times listed in Eastern Daylight Time