

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Kundalini Yoga 10 - 11:30am Anthony (no class 9/6)</p> <p>Vinyasa 12 - 1:30pm Danielle (no class 9/6)</p> <p>Total Training 6:15 - 7:15pm Anne-Margaret</p> <p>Iyengar/Vinyasa 7:30 - 9pm Anne-Margaret</p>	<p>Vinyasa 10 - 11:30am Kyle</p> <p>Community Yoga \$ donation only \$ 12 - 1:30pm Marita</p> <p>Advanced Vinyasa 6:30 - 8pm Sarah</p> <p>Vinyasa/Restorative 8:15 - 9:45pm Chris</p>	<p>Vinyasa 10 - 11:30am Danielle</p> <p>Vinyasa Basics 12 - 1:30pm Christina</p> <p>Chakra Workshop This fall! Begins 9/22</p> <p>Vinyasa 6:30 - 8pm Angelina</p> <p>Pilates 8:15 - 9:15pm Juliana</p>	<p>Kundalini Yoga 10 - 11:30am Anthony</p> <p>Mellow Flow 12 - 1:30pm Darren</p> <p>Hatha Basics 6:15 - 7:30pm Catherine (great for beginners!)</p> <p>Vinyasa 7:45 - 9:15pm Amy</p>	<p>Baby & Me 9:15-10:15am Sign up now! Starts 9/10 Toddler Yoga (walking to 4yrs) Sign up now! Starts 9/10</p> <p>Vinyasa 12 - 1:30pm Angelina</p> <p>Happy Hour (and a half!) 5:30 - 7pm Chris FREE COCONUT WATER!</p> <p>Prenatal Yoga 7:15 - 8:45pm Melissa Pop (no class 9/3)</p> <p>Candlelight Yoga (w/live music) 9 - 10:15pm Anne-Margaret & musical guest (no class 9/3)</p>	<p>Vinyasa 10-11:30am Kyle</p> <p>Advanced Vinyasa 12 - 1:30pm Anne-Margaret (no class 9/4)</p> <p>Total Training 1:45 - 2:45pm Emma</p> <p>Hatha/Restorative 4:30 - 6pm Dhyani (no class 9/4)</p> <p>Belly Dancing 6:15 - 7:15pm Irina (no class 9/4)</p>	<p>Hatha Yoga 10 - 11:30am Chris</p> <p>Yoga for Beginners 12 - 1:30pm (no exper. req.) Anne-Margaret</p> <p>Chakra Yoga 4:30 - 6pm Angelina (no class 9/5)</p> <p>"Community Night!" 6:30pm (see schedule of events below)</p>

**SUNDAY NIGHT
COMMUNITY EVENTS
AT 6:30PM:**

- 9/5 New Moon Women's Circle (Bring your favorite mug for tea!)
- 9/12 The Sanctuary: Interspiritual Discussion Circle
- 9/19 Inspirational Documentary: Paper Clips
- 9/26 Inspirational Book Club: The Alchemist -Paulo Coelho

Paper Clips is an award-winning documentary about a project by middle school students who created a monument for the Holocaust victims and gained worldwide attention. **Not to be missed!**

Labor Day Schedule:

Friday: 12pm Vinyasa; 5:30pm Happy Hour (and a half!)
Saturday: 10am Vinyasa
Sunday: 10am Hatha Yoga; 12pm Yoga for Beginners
Monday: 6:15pm Total Training; 7:30pm Iyengar/Vinyasa

Wednesday Chakra Workshop (Register by 9/15!)

8-weeks from 7-9pm starting Sept. 22nd: \$275
Begin to understand your energetic patterns by exploring each chakra as it relates to your own personal history.
Balance energetic instabilities through meditation, chanting, aromatherapy, & visualization. Learn how colors, gemstones, and more can assist the healing and balancing of these vital energy points.

Yoga for Kids Fall Semester!

Register by 9/8! 10 weeks: \$130

Baby & Me Yoga - Fridays from 9:15-10:15am

Sept. 10, 17, 24 Oct. 1, 8, 15, 22, 29 Nov. 5, 12

Toddler Yoga - Fridays from 10:30-11:30am

Sept. 10, 17, 24 Oct. 1, 8, 15, 22, 29 Nov. 5, 12

Afterschool Fun! - Wednesdays

from 3-4pm (ages 3-6) & 4-5pm (ages 7-11)

Sept. 15, 22, 29 Oct. 6, 13, 20, 27 Nov. 3, 10, 17

QUOTE OF THE MONTH

If you only do what you know you can do
- you never do very much.
-Tom Krause