



November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6AM Suryodaya Yoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Power Yoga 6:30PM Sound Healing	2 6AM Suryodaya Yoga 10AM CHAIR YOGA 12PM Meditation 6PM HOT Flow	3 6PM Deep Discussions	4 8:30AM Drumming Medicine 10AM Namaste Yoga
5 9:30AM YIN Yoga 11AM Qi-Gong 1PM Fire Cider	6 6AM Suryodaya Yoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Kids Yoga 5:30PM Vinyasa 7PM Restorative	7 6AM Suryodaya Yoga 10AM CHAIR YOGA 12PM Meditation 5:30PM HOT YOGA	8 6AM Suryodaya Yoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Power Yoga 5:30PM Astro 101 6:30PM Sound Healing	9 6AM Suryodaya Yoga 10AM CHAIR YOGA 12PM Meditation 5:30pm Goddess 6PM HOT Flow	10 6PM Partner Yoga	11 8:30AM Drumming Medicine 10AM Namaste 11AM 11/11 Portal Meditation (ALL Classes – FREE FOR VETERANS)
12 9:30AM YIN Yoga 11AM Qi-Gong 11AM Team Mtg. 1PM Trauma-Informed Yoga	13 6AMSuryodayaYoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Kids Yoga 5:30pm New Moon in Scorpio Ceremony 7PM Restorative	14 6AMSuryodayaYoga 10AM CHAIR YOGA 12PM Meditation 5:30PM HOT YOGA	15 6AMSuryodayaYoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Power Yoga 5:30PM Astro 101 6:30PM Sound Healing	16 6AMSuryodayaYoga 10AM CHAIR YOGA 12PM Meditation 5:30pm Goddess 6PM HOT Flow	17 6PM Friday Freestyle Flow	18 10AM Namaste Yoga 1-4PM Reiki Training 5PM Team Meditation Night
19 9:30AM YIN Yoga 11AM Qi-Gong 1PM Kettle Ball Yoga 1-4 Reiki Training	20 6AMSuryodayaYoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Kids Yoga 5:30PM Vinyasa 7PM Restorative	21 6AMSuryodayaYoga 10AM CHAIR YOGA 12PM Meditation 5:30PM HOT YOGA	22 6AMSuryodayaYoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Power Yoga 5:30PM Astro 101 6:30PM Sound Healing	23 9AM THANKFULL Yoga 10AM Mindful Eating 12PM Thankfull Meditation	24 10AM-6PM HOLIDAY SALE & Tarot Readings	25 10AM Namaste Yoga
26 8AM Meditation 9:30AM YIN Yoga 11AM Qi-Gong 1PM BathSalt & Cleansing Ritual	27 6AMSuryodayaYoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Kids Yoga 5:30PM Full Moon in Gemini Ceremony 7PM Restorative	28 6AM Suryodaya Yoga 10AM CHAIR YOGA 12PM Meditation 5:30PM HOT YOGA	29 6AMSuryodayaYoga 10AM Sattvic Hatha 12PM Meditation 5:30PM Power Yoga 5:30PM Astro 101 6:30PM Sound Healing	30 6AMSuryodayaYoga 10AM CHAIR YOGA 12PM Meditation 5:30pm Goddess 6PM HOT Flow		Limited Mobility/Beginners Beginner-Friendly Intermediate Advanced