

# November Workshops and Special Classes

## Special Kids and Family Classes in November Yoga for Tweens

Friday November 16th  
6:00pm-7:00pm

## Yoga for the Anxious Child (caregiver and child class)

Sunday November 11th and 18th  
3:00pm-4:00pm

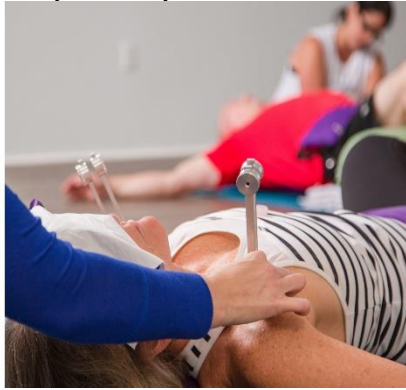
## Gentle Hatha and Yoga Nidra

Friday November 9th  
6:15pm-7:30pm



## Immunity Workshop

Saturday November 10th  
1:00pm-3:00pm



## 200 Hour Yoga Teacher Training Information Session

November 17th  
1:00pm w/ Melissa McKim and Paulette Harwood



## Yin Yoga, Mantra and Live Music

November 18th  
6pm-7:30pm



## Thanksgiving Day

Flow and Let Go  
8:00am-9:30am



## Restorative Yoga, Massage and Reiki

Friday November 30th  
6:00pm-8:00pm



