



**AUGUST  
2017**

# Group Yoga

provided  
by:

YOGA *mindset* 

VOTED TRIAD'S BEST YOGA STUDIO 2014, 2015 and 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Murielle)	<b>2</b> No Class	<b>3</b> 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	<b>4</b> No Class	<b>5</b> 9:15 AM – 10:15 AM Yoga Foundations (Murielle)
<b>6</b> No Class	<b>7</b> No Class	<b>8</b> 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	<b>9</b> No Class	<b>10</b> 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	<b>11</b> No Class	<b>12</b> 9:15 AM – 10:15 AM Yoga Foundations (Rob)
<b>13</b> No Class	<b>14</b> No Class	<b>15</b> 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	<b>16</b> No Class	<b>17</b> 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	<b>18</b> No Class	<b>19</b> 9:15 AM – 10:15 AM Yoga Foundations (Rob)
<b>20</b> No Class	<b>21</b> No Class	<b>22</b> 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	<b>23</b> No Class	<b>24</b> 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	<b>25</b> No Class	<b>26</b> 9:15 AM – 10:15 AM Yoga Foundations (Murielle)
<b>27</b> No Class	<b>28</b> No Class	<b>29</b> 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	<b>30</b> No Class	<b>31</b> 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)		

**Yoga Foundations on Saturday mornings** will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.