

breathe.yoga

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Traditional Hatha Yoga 6:30-7:30pm	6 Gentle Yoga 3:30-4:30pm	7 Evening Hatha Yoga 6:30-7:30pm	8	9
10	11	12 Traditional Hatha Yoga 6:30-7:30pm	13 Gentle Yoga 3:30-4:30pm	14 Evening Hatha Yoga 6:30-7:30pm	15	16 Prenatal Yoga 12:45 - 1:45 In Person See website for details
17 YOGA at DoMA In person Pop-Up class 11am-Noon See website for details	18	19 Traditional Hatha Yoga 6:30-7:30pm	20 Gentle Yoga 3:30-4:30pm	21 Evening Hatha Yoga 6:30-7:30pm	22	23 Prenatal Yoga 12:45 - 1:45 In Person See website for details
24	25	26 Traditional Hatha Yoga 6:30-7:30pm	27 Gentle Yoga 3:30-4:30pm	28 Evening Hatha Yoga 6:30-7:30pm	29	30

*All classes are livestream on Zoom unless otherwise listed.
Please note that day and times may be subject to change.*