

WHY happenings

NOVEMBER 2018



sunday	monday	tuesday	wednesday	thursday	friday	saturday
WHY Outreach Community Yoga Sundays, 3-4pm \$7 donation Rachel + Kathryn	WHY wisdom Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. ~Marcel Proust			WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Shankara	Free Intro to Yoga 1-2pm...Jude Community Acupuncture 1-2:30pm... Dr. Kara Burkhart
Yoga for Weight Loss 12:30-3pm...Carissa	Baby & Me 1-1:45pm...Kara	6 week Intro to Yoga Series begins 6-7:45pm...Marni	WHY Outreach: FREE Yoga for Recovery 6-7:30pm...Jamie	Community Acupuncture 1-2:30pm... Dr. Kara Burkhart Adjustment Clinic: Practicing the Art of Seeing and Touch 1-4:30pm...Barbara		
Restorative Yoga with massage & reiki adjustments 12:30-3:00pm... Adriana & Mike WHY Kids 3:15-4pm...Becca	6 week Intro to Yoga Series begins 7:45-9pm...Nykki	WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	FREE...WHY 2018 Teacher Training Info Session 7:45-9pm... Barbara Ruzansky	Inversion Workshop 1-2:45pm...Nykki WHY Unites for Corrina: Reach Out, Rise Up 3-8pm...WHY Staff		
Triumphant You: Yoga & the Power of Affirmations 12:30-3pm...Carissa & Kate Callahan	Thanksgiving Schedule Gentle Yoga: 9am...Shankara Power Yoga: 9:30am...Barbara Gentle Yoga: 10:30am...Shankara Visit us online for updates	Thanksgiving Weekend Schedule join us all weekend for our regular class schedule	Small Business Saturday shop local support local			
WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina						

HIGHLIGHTS	11.4 / 11.11 / 11.18 / 11.25 Community Yoga @ 3pm	11.10 Adjustment Clinic @ 1pm
	11.6 / 11.13 / 11.20 / 11.27 Baby & Me @ 1pm	11.11 Restorative Yoga Workshop @ 12:30pm WHY Kids @ 3:15pm
	11.1 WHY Outreach: FREE Yoga for Cancer @ 1:30pm	11.12 Intro to Yoga series begins @ 7:45pm [6 weeks]
	11.2 Restorative & Yoga Nidra Mini Workshop @ 6pm	11.15 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
	11.3 FREE Intro to Yoga @ 1pm Community Acupuncture @ 1pm	11.16 FREE 2018 TT Info Session @ 7:45pm
	11.4 Yoga for Weight Loss @ 12:30pm	11.17 Inversion Workshop @ 1pm WHY Unites for Corrina: Reach Out, Rise Up @ 3pm
	11.8 Intro to Yoga series begins @ 6pm [6 weeks]	11.18 Triumphant You @ 12:30pm
	11.9 WHY Outreach: FREE Yoga for Recovery @ 6pm	11.22 Gentle @ 9am / Power @ 9:30am / Gentle @ 10:30am
	11.10 Community Acupuncture @ 1pm	11.29 WHY Outreach: FREE Yoga for Cancer @ 1:30pm