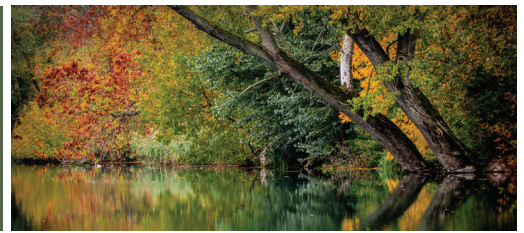


WHY happenings

OCTOBER 2017



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Embody the Organs 12:30-2:30pm... Pam Hyatt \$7 Community Yoga to benefit WHY Outreach 3-4pm...Claudia	2	3	4	5 WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	6 WHY Outreach: FREE Yoga for Recovery 6-7:30pm...tbd	7 Free Intro to Yoga 1-2pm...Jude Community Acupuncture 1-2:30pm... Dr. Kara Burkhart
8 \$7 Community Yoga to benefit WHY Outreach 3-4pm...Laura WHY Kids 3:15-4pm...Beth	9	10	11	12	13 Restorative Yoga & Yoga Nidra Mini Workshop 6-7:30pm...Corrina	14 Practicing for Longevity: An Anatomical Approach 1-3:30pm... Tony & Mike T.
15 Yoga of the Mind 12:30-3:30pm... Shankara \$7 Community Yoga to benefit WHY Outreach 3-4pm...Aaron	16	17	18	19 WHY Outreach Yoga for Cancer Patients ... FREE 1:30-2:45pm...Nina	20 WHY Outreach: FREE Yoga for Recovery 6-7:30pm...tbd	21 Community Acupuncture 1-2:30pm... Dr. Kara Burkhart Where Am I, How Did I Get Here, Where Am I Going? 1-4pm...DJ Horn, Kathleen Webb & Sharon Smith
22 Restorative Yoga w/massage & reiki 12:30-3pm... Corrina & Adriana \$7 Community Yoga to benefit WHY Outreach 3-4pm...Amy	23	24	25	26 FREE... WHY 2018 Teacher Training Info Session 7:45-9pm... Barbara Ruzansky	27 Relating Exercises ... FREE 7-8:30pm... Dr. Peter Meadow	28
29 Kino MacGregor: The Yogi Assignment 12:30-2:30pm \$7 Community Yoga to benefit WHY Outreach 3-4pm...Kristi	30	31	WHY wisdom The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. ~Barbara Kingsolver			

HIGHLIGHTS	10.1 / 10.8 / 10.15 / 10.22 / 10.29 Community Yoga @ 3pm	10.15 Yoga of the Mind @ 12:30pm
	10.1 Embody the Organs @ 12:30pm	10.19 WHY Outreach: FREE Yoga for Cancer @ 1:30pm
	10.5 WHY Outreach: FREE Yoga for Cancer @ 1:30pm	10.20 WHY Outreach: FREE Yoga for Recovery @ 6pm
	10.6 WHY Outreach: FREE Yoga for Recovery @ 6pm	10.21 Community Acupuncture @ 1pm Where Am I Going? @ 1pm
	10.7 FREE Intro to Yoga @ 1pm Community Acupuncture @ 1pm	10.22 Restorative Yoga Workshop @ 12:30pm
	10.8 WHY Kids @ 3:15pm	10.26 FREE 2018 TT Info Session @ 7:45pm
	10.13 Restorative & Yoga Nidra Mini Workshop @ 6pm	10.27 FREE Relating Exercises @ 7pm
	10.14 Practicing for Longevity @ 1pm	10.29 The Yogi Assignment @ 12:30pm