



We are all connected - physically, spiritually and wholeheartedly.

November class schedule: 48 South Main Street, Concord NH at STUDIO 603

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
cost: \$108 for 9 classes or \$15 single class	<i>Space is limited pre-registration for classes is strongly suggested!</i>		1 Peaceful Yoga 6:00-7:00pm Maureen	2 Core Yoga 5:00-6:00pm Mindful Yoga 6:30-7:30pm Annette	3 Vinyasa Yoga 12:10-1:00pm Maureen	4 Vinyasa Yoga Full Moon 4:00-5:00pm Annette
5	6 Core Yoga 12:10-1:00pm Annette	7 Vinyasa Yoga 12:10-1:00pm Maureen Vinyasa Yoga 7:30-8:15pm Lori	8 Peaceful Yoga 6:00-7:00pm Yoga Relax/Renew 7:30-8:45pm Maureen	9 Core Yoga 5:00-6:00pm Mindful Yoga 6:30-7:30pm Annette	10 Vinyasa Yoga 12:10-1:00pm Lori	11
12	13 Core Yoga 12:10-1:00pm Annette	14 Vinyasa Yoga 12:10-1:00pm Maureen Vinyasa Yoga 7:30-8:15pm Lori	15 Peaceful Yoga 6:00-7:00pm Maureen	16 Core Yoga 5:00-6:00pm Mindful Yoga 6:30-7:30pm Annette	17 Vinyasa Yoga 12:10-1:00pm Lori	18 Deepen Your Practice all levels 10:30am-12:00pm Maureen
19 Yoga for Stress Relief 9:00-10:15am Maureen	20 Core Yoga 12:10-1:00pm Annette	21 Vinyasa Yoga 12:10-1:00pm Maureen Vinyasa Yoga 7:30-8:15pm Lori	22 Peaceful Yoga 6:00-7:00pm Maureen	23 Thanksgiving no classes today	24 no class today	18 th Vinyasa Yoga New Moon 4:00-5:00pm Lori
19 th Info Session 11am-12pm Breathing Deeply Yoga Therapy program	27 Core Yoga 12:10-1:00pm Annette	28 Vinyasa Yoga 12:10-1:00pm Maureen Vinyasa Yoga 7:30-8:15pm Lori	29 Peaceful Yoga 6:00-7:00pm Yoga Nidra 7:30-8:15pm Maureen	30 Core Yoga 5:00-6:00pm Mindful Yoga 6:30-7:30pm Annette		

Please register in advance for all classes and workshop. For ease in signing up: add *YOGA NH* to your MindBody App today!

Visit: www.yoganh.com workshops and Yoga NH Teacher Training information.