


The Yoga Connection @ Be Well Now

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Beginner's Yoga 2.0 – Sasha	10-11 am Chill-asana – Gail 11:30-12:30 Chair Yoga - Gail ***** 6:30-7:30pm – Intro to Yoga - Gail	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Silent Mind, Strong Body – Danette 7:15-8:30 pm –Yin –Sasha	***** 6:30-7:30 pm Balance & Restore – Angie		9-10 am – Vin/Yin Energy Flow Yoga - Di *****
8	9	10	11	12	13	14
***** 3:30-4:30p – Meditation - Sasha	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Beginner's Yoga 2.0 – Sasha	10-11 am Chill-asana – Gail 11:30 am -12:30 pm - Chair Yoga - Gail ***** 6:30-7:30 pm – Intro to Yoga – Gail – final class	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Silent Mind, Strong Body – Danette 7:15-8:30 pm –Yin –Sasha	***** 6:30-7:30 pm Balance & Restore – Angie	***** 7:00-8:00 pm Family Yoga – Di 13+ \$10, 5-12 \$5, under 5 free	9-10 am – Happy Flow Yoga - Sasha *****
15	16	17	18	19	20	21
	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Beginner's Yoga 2.0 – Sasha 7:15-8:30p – Restorative - Gail	10-11 am Chill-asana – Gail 11:30 am -12:30 pm - Chair Yoga - Gail *****	9-10am Yoga for Functional Aging - Danette ***** 6-7pm Silent Mind, Strong Body – Danette 7:15-8:30pm –Yin –Sasha	***** 6:30-7:30 pm Balance & Restore – Angie	***** 6:30-7:30p – Yoga at the Wall – Angie	9-10 am – Vin/Yin Energy Flow Yoga - Di *****
22	23	24	25	26	27	28
***** 1:00-2:30p – Yoga for Tweens (9-12) - Simonne Meszaros	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Beginner's Yoga 2.0 – Sasha	10-11 am Chill-asana – Gail 11:30 am -12:30 pm - Chair Yoga - Gail *****	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Silent Mind, Strong Body – Danette 7:15-8:30 pm Yoga Nidra ~ Gail	***** 6:30-7:30 pm Balance & Restore – Angie		9-10 am – Happy Flow Yoga - Sasha *****
29	30	31				
10 am-12:30 pm - Kundalini Yoga– SiriAtma Kaur *****	9-10 am Yoga for Functional Aging - Danette ***** 6-7 pm Beginner's Yoga 2.0 – Sasha	10-11 am Chill-asana – Gail 11:30 am -12:30 pm - Chair Yoga - Gail				

** Go to theyogaconnection.me for class descriptions.

 the yoga connection at BWN

The Yoga Connection is located at Be Well Now
 221 E. Center Dr. Alton, IL 62002
 (618) 467-8827 or (618) 462-3900