


The Yoga Connection @ Be Well Now

FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ***** 5:30-6:15pm – Meditation – Angie 6:30-7:30 pm Balance & Restore – Angie	2	3
4	5 ***** 6-7 pm Intro to Yoga II – Sasha (week 5 of 6 week course) 7:15-8:30p –Gentle Touch Restorative Yoga, \$15 – Gail please register through FB	6 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	7 9-10 am Yoga and Movement – Samantha ***** 7:15-8:30 pm – Yin - Sasha	8 ***** 5:30-6:15pm – Meditation – Angie 6:30-7:30 pm Balance & Restore – Angie	9	10 9-10 am – Mellow Morning Yoga – Sasha NOTE: If Yoga Teacher Training is in session, this class will be canceled 1 weekend a month
11	12 ***** 6-7 pm Intro to Yoga II – Sasha - LAST CLASS	13 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	14 9-10 am Yoga and Movement - Samantha ***** 7:15-8:30 pm – Yin - Sasha	15 ***** 5:30-6:15pm – Meditation – Angie 6:30-7:30 pm Balance & Restore – Angie	16 ***** 6:30-8:00pm - Karma class to support 5As - Angie	17 9-10 am – Mellow Morning Yoga – Sasha
18 ***** 1:00-2:15 pm Yoga Nidra, \$10 ~ Gail – register on FB	19 ***** 6-7 pm Beginner’s Yoga– Sasha	20 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	21 9-10 am Yoga and Movement - Samantha ***** 7:15-8:30 pm – Yin - Sasha	22 ***** 5:30-6:15pm – Meditation – Angie 6:30-7:30 pm Balance & Restore – Angie	23 6:30-8pm – Throat Chakra workshop, \$15 – Angie	24
25 1-2:30pm – Wall Yoga, \$15 ~ Dawn Gipson	26 ***** 6-7 pm Beginner’s Yoga– Sasha	27 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	28 9-10 am Yoga and Movement - Samantha ***** 7:15-8:30 pm – Yin - Sasha	Mar 1	Mar 2	Mar 3

** Go to Facebook or 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