# Inspire Yoga Studio Schedule

# OCTOBER 2021

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2<br>9:30-10:30am<br>All Levels Yoga w/ Riley |
| 3 | 4<br>7:00-8:00pm<br>All Levels Flow w/ Laura | 5<br>6:30-7:30pm<br>Yoga Fundamentals w/ Riley | 6<br>12:00-12:45pm @ ZOOM<br>Chair Yoga w/ Emily<br>6:30-7:30pm @ MINNEDOSA<br>Beginner Yoga w/ Emily | 7<br>12:00-12:45pm<br>Yoga for Recovery w/ Emily<br>6:30-7:30pm<br>Aerial Yoga w/ Emily | 8 | 9 |
| 10 | 11 | 12<br>6:30-7:30pm<br>Yoga Fundamentals w/ Riley | 13<br>12:00-12:45pm<br>Chair Yoga w/ Emily<br>6:30-7:30pm @ MINNEDOSA<br>Beginner Yoga w/ Emily | 14 | 15 | 16<br>9:30-10:30am<br>All Levels Yoga w/ Riley |
| 17 | 18<br>7:00-9:00pm<br>Full Moon Workshop w/ Laura | 19<br>6:30-7:30pm<br>Yoga Fundamentals w/ Riley | 20<br>12:00-12:45pm @ ZOOM<br>Chair Yoga w/ Catherine | 21<br>12:00-12:45pm<br>Yoga for Recovery w/ Emily<br>6:30-7:30pm<br>Aerial Yoga w/ Emily | 22 | 23<br>9:30-11:30am<br>Key Poses for Optimal Posture & Alignment CE Workshop w/ Emily<br>12:00-1:00pm<br>Aerial Yoga w/ Emily |
| 24 | 25<br>7:00-8:00pm<br>All Levels Flow w/ Laura | 26<br>6:30-7:30pm<br>Yoga Fundamentals w/ Riley | 27<br>12:00-12:45pm<br>Chair Yoga w/ Emily<br>6:30-7:30pm @ MINNEDOSA<br>Beginner Yoga w/ Emily | 28<br>12:00-12:45pm<br>Yoga for Recovery w/ Emily<br>6:30-7:30pm<br>Aerial Yoga w/ Emily | 29 | 30<br>31 |

*Sign up on MindBody app or Visit www.livebreatheinspire.com*