



OCTOBER



ALL CLASSES 9AM-10AM ON VANDERBILT BEACH
SIGN UP ON LOS.YOGA.NAPLES.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/29 Hips & Lower Back Sheila	9/30 Mindful Movement Sheila	1 Qi Gong Yoga Remix Lo 	2 COMING SOON	3 Lymphatic System Flow Lo 	4	5 Twist & Detox Restorative Alex <i>Calm</i>
6 Harvest Full Moon Flow Sheila	7 Flow & Balance Sheila	8 Dynamic Warrior Series Lo 	9 COMING SOON	10 Mobility & Meditation	11	12 Be Gentle Alex <i>Calm</i>
13 Gentle Flow Sheila 	14 Yogalates & Core Sheila 	15 Hatha Hold Yoga Flow Lo	16 COMING SOON	17 Mercury Direct Restoring Balance & Communication Lo 	18	19 Alex Restorative <i>Calm</i>
20 Yogalates & Core Sheila 	21 Yoga For Stiff Bodies Sheila	22 Morning Energy Flow Lo	23 COMING SOON	24 Hatha Challenge Flow 	25	26 Beginners & Beyond Calm Flow Alex <i>Calm</i>
27 Rise and Shine Yoga Sheila	28 Body Movement & Breathwork Sheila	29  Kundalini Yoga Remix Lo	30 Jen Starts <i>next week</i>	31 Freaky Friday Flow Lo 	\$15 drop in or 5 classes \$60.00	