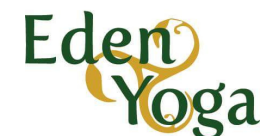


*12 Days of Self-Care*

# NOVEMBER 2021

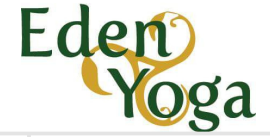


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Restorative Yoga 6:15-7:30 p.m.	1 Gentle Strengthening 4:45- 6:00 p.m.	2	3 Level 2 5:30-6:45 p.m.	4 Hips & Core Yoga 8:30-9:45 a.m.	5 Rope Yoga 6:30-7:45 p.m.	6 Level 2 9:00-10:30 a.m.
7 Restorative Yoga 6:15-7:30 p.m.	8 Gentle Strengthening 4:45- 6:00 p.m.	9	10 Level 2 5:30-6:45 p.m.	11 Hips & Core Yoga 8:30-9:45 a.m.	12	13
14 Restorative Yoga 6:15-7:30 p.m.	15 Gentle Strengthening 4:45- 6:00 p.m.	16	17 Level 2 5:30-6:45 p.m.	18 Hips & Core Yoga 8:30-9:45 a.m.	19 Rope Yoga 6-7:30 p.m.	20 Level 2 9:00-10:30 a.m.
21 Restorative Yoga 6:15-7:30 p.m.	22 Gentle Strengthening 4:45- 6:00 p.m.	23 Hips & Core Yoga 8:30-9:45 a.m.	24 Level 2 5:30-6:45 p.m.	25 <b>Thanksgiving</b>	26 Rope Yoga 6-7:30 p.m.	27 Level 2 9:00-10:30 a.m.
28 Restorative Yoga 6:15-7:30 p.m.	29 <b>First Day of Hanukkah</b> Gentle Strengthening 4:45- 6:00 p.m.	30	1	2	3	4

Please remember to sign up for classes at [EdenYogaNH.com/welcome/classes](https://EdenYogaNH.com/welcome/classes)

*12 Days of Self-Care*

# DECEMBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Level 2 5:30-6:45 p.m.	2 Hips & Core Yoga 8:30-9:45 a.m.	3 Rope Yoga 6-7:30 p.m.	4 Level 2 9:00-10:30 a.m.
5 Restorative Yoga 6:15-7:30 p.m.	6 Gentle Strengthening 4:45- 6:00 p.m.	Please sign up for classes at <a href="https://EdenYogaNH.com/welcome/classes">EdenYogaNH.com/welcome/classes</a>	8 Level 2 5:30-6:45 p.m.	9 Hips & Core Yoga 8:30-9:45 a.m.	10 Rope Yoga 6-7:30 p.m.	11 Level 2 9:00-10:30 a.m.
12 Restorative Yoga 6:15-7:30 p.m.	13 Gentle Strengthening 4:45- 6:00 p.m.		15 Level 2 5:30-6:45 p.m.	16 Hips & Core Yoga 8:30-9:45 a.m.	17 Rope Yoga 6-7:30 p.m.	18 Level 2 9:00-10:30 a.m.
19 Restorative Yoga 6:15-7:30 p.m.	20 Gentle Strengthening 4:45- 6:00 p.m.		22 Level 2 5:30-6:45 p.m.	23 Hips & Core Yoga 8:30-9:45 a.m.	24 Christmas Eve	25 Christmas Day
26 Restorative Yoga 6:15-7:30 p.m.	27 Gentle Strengthening 4:45- 6:00 p.m.		28	29 Level 2 5:30-6:45 p.m.	30 Hips & Core Yoga 8:30-9:45 a.m.	31 New Year's Eve