



# WEEKLY SCHEDULE

## YOGA CLASSES FOR THE WEEK OF NOVEMBER 20-26

Theme for the week: Happiness is the destination, but it's also the path.

--Dieter F. Uchtdorf

MDT	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
AM	<p><b>12:00-12:50pm</b>  <u>Lunchtime Yoga</u>            CSI Gym 304            Aug 21--Dec 13            \$65 for M and W</p>	<p>No CSI student yoga today.</p>	<p>No noon Younger with Yoga today!--CSI Electrical something!</p>	<p>No CSI student yoga today.</p> <p>Happy Thanksgiving!</p>	<p>10:00-10:45am Restorative Yoga  <u>Xrossways</u>            400 Irene Street            Kimberly, ID</p> <p>no class today</p>		
PM	<p><b>5:30-6:20pm</b>            Younger with Yoga            CSI Gym 304            Aug 21--Dec 13            \$65 for M and W</p> <p><b>6:30-7:30pm</b>  <u>Abundant Yoga</u>            CSI Gym 304            Last class in this workshop series and we're going to Reed's Dairy after!</p>	<p><b>12:30-1:00pm</b>            Men's Immigrant Yoga</p> <p><b>1:00-1:30pm</b>            Women's Immigrant Yoga            Everybody House</p> <p>No Balanced Body today!</p>	<p>No 5:30 Younger with Yoga today!</p>				<p><b>5:00-6:00pm</b>            Holiday Rest, Restore, and Renew</p> <p>Restful Yoga and guided meditation to reset you before the holiday craziness.</p> <p>Everybody House            T F United Methodist Church            360 Shoshone St E            \$20            limited to 25 participants            register with me            208-404-9670</p>