



September 2023

for more information
go to
www.TheCentreAtVitaZen.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Tickets \$12 each 4 for \$42 10 for \$95 Unlimited Monthly \$89		Zoom Ageless Yogis <i>is Tue & Thu</i> @11am Flyer for Details \$65 per month		Restorative Yoga Nidra Session is 75 minutes. Registration is recom- mended! \$20 or 2 tick- ets, included w/pass		<i>1</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	<i>2</i> 11:00am-Saturday Salutation
<i>3</i> 11am Restorative Yoga w/Brett	<i>4</i> 11:00am Labor Day Yoga	<i>5</i> 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	<i>6</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>7</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/ Cheran	<i>8</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	<i>9</i> 11:00am-Saturday Salutation	
<i>10</i> 11am-Soothing Sunday w/Brett	<i>11</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge	<i>12</i> 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	<i>13</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>14</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/ Cheran	<i>15</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis 3:00pm-Yoga w/Brett 6:00pm 90 Min. YIN Session*	<i>16</i> 11:00am-Saturday Salutation	
<i>17</i> 11am-Soothing Sunday w/Brett 2pm-Restorative Yoga Nidra Session 75 minutes*	<i>18</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge	<i>19</i> 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	<i>20</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>21</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/ Cheran	<i>22</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	<i>23</i> 11:00am-Saturday Salutation	
<i>24</i> GREECE SCHEDULE 11am-Soothing Sunday	<i>25</i> GREECE SCHEDULE 11:00am-Yoga w/Leslie 1:00pm-Chair Yoga w/Lisa 6:00pm-Yoga w/Marge	<i>26</i> GREECE SCHEDULE 11:00am-Gentle Yoga w/Cheran	<i>27</i> GREECE SCHEDULE 2:00pm-Yoga w/Leslie	<i>28</i> GREECE SCHEDULE 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/ Marge	<i>29</i> GREECE SCHEDULE 11:00am-Chair Yoga w/Lisa 2:00pm-Yoga w/Leslie	<i>30</i> GREECE SCHEDULE 11:00am-Saturday Salutation	