



# October 2023

for more information  
go to  
[www.TheCentreAtVitaZen.com](http://www.TheCentreAtVitaZen.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1</i> <b>GREECE SCHEDULE</b></p> <p><b>11am Restorative Yoga</b></p>	<p><i>2</i> <b>GREECE SCHEDULE</b></p> <p>11:00am-Yoga w/Leslie 1:00pm-Chair Yoga w/Lisa 6:00pm-Yoga w/Marge</p>	<p><i>3</i> <b>GREECE SCHEDULE</b></p> <p>11:00am-Gentle Yoga w/Cheran</p>	<p><i>4</i> <b>GREECE SCHEDULE</b></p> <p>9:00am-Yoga w/Elizabeth 2:00pm-Yoga w/Lisa</p>	<p><i>5</i> <b>GREECE SCHEDULE</b></p> <p>9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Marge</p>	<p><i>6</i> <b>GREECE SCHEDULE</b></p> <p>11:00am-Chair Yoga w/Lisa 2:00pm-Yoga w/Leslie</p>	<p><i>7</i></p> <p>11:00am-Saturday Salutation</p>
<p><i>8</i></p> <p>11am-Soothing Sunday w/Brett</p>	<p><i>9</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge</p>	<p><i>10</i></p> <p>11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran</p>	<p><i>11</i></p> <p>9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett</p>	<p><i>12</i></p> <p>9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran</p>	<p><i>13</i></p> <p>9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett</p>	<p><i>14</i></p> <p>11:00am-Saturday Salutation</p>
<p><i>15</i></p> <p>11am-Soothing Sunday w/Brett</p>	<p><i>16</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge</p>	<p><i>17</i></p> <p>11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran</p>	<p><i>18</i></p> <p>9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett</p>	<p><i>19</i></p> <p>9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran</p>	<p><i>20</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis 3:00pm-Yoga w/Brett <b>6:00pm 90 Min. YIN Session*</b></p>	<p><i>21</i></p> <p>11:00am-Saturday Salutation</p>
<p><i>22</i></p> <p>11am-Soothing Sunday w/Brett <b>2pm-Restorative Yoga Nidra Session 75 minutes*</b></p>	<p><i>23</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge</p>	<p><i>24</i></p> <p>11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran</p>	<p><i>25</i></p> <p>9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett</p>	<p><i>26</i></p> <p>9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran</p>	<p><i>27</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda <b>3:00pm-Restorative Yoga w/Brett</b></p>	<p><i>28</i></p> <p>11:00am-Saturday Salutation</p>
<p><i>29</i></p> <p>11am-Soothing Sunday w/Brett</p>	<p><i>30</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge</p>	<p><i>31</i></p> <p>11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran</p>	<p><b>Tickets \$12 each 4 for \$42 10 for \$95 Unlimited Monthly \$89</b></p>		<p><b>Zoom Ageless Yogis is Tue &amp; Thu @11am Flyer for Details \$65 per month</b></p>	<p><b>Restorative Yoga Nidra Session is 75 minutes. Registration is recommended! \$20 or 2 tickets, included w/pass</b></p>
						<p><b>Yin Session is 90 minutes. Registration is recommended! \$20 or 2 tickets, included w/monthly pass</b></p>