

# FALL YOGA WITH SHANNON

(livestream on zoom, except where otherwise noted)



## October

<b>Sunday</b>	8, 22	9 am - 10:30 am	DYNAMIC PRACTICE
<b>Monday</b>	2, 9, 16, 23	7am - 8:15 am	DYNAMIC PRACTICE
<b>Thursday</b>	12	7:15 pm - 8:15 pm	RESTORATIVE PRACTICE
<b>*Saturday</b>	14	10 am - 5 pm	<b>DAY RETREAT IN PORT TOWNSEND*</b>

## November

<b>Sunday</b>	5, 19	9 am - 10:30 am	DYNAMIC PRACTICE
<b>Monday</b>	ALL	7 am - 8:15 am	DYNAMIC PRACTICE
<b>Thursday</b>	16	7:15 pm - 8:15 pm	RESTORATIVE PRACTICE

## December

<b>Sunday</b>	3, 17	9 am - 10:30 am	DYNAMIC PRACTICE
<b>Monday</b>	4, 11, 18	7 am - 8:15 am	DYNAMIC PRACTICE
<b>Thursday</b>	21	7:15 pm - 8:15 pm	RESTORATIVE PRACTICE

We'll send you a Zoom link to join the live class approximately 1 hour before the session begins. If you do not see it, please check your spam.

\*Register for the Day Retreat [here](#).