



P i n k L o t u s Y o g a . c o m

Holiday 2017 Special Events Schedule

Wednesday November 22 from 9:30-10:30 a.m.: Pre-Thanksgiving Morning Yoga (\$10 class/members free) with Bethany Thomas (all other classes this date are canceled)

Thursday November 23 from 9:30-10:30 a.m.: Thanksgiving Morning Gratitude Yoga (\$10 class/members free) with Cathy Spicer (all other classes this date are canceled)

***Friday November 24** from 12:30-3:00 p.m.: Yoga Elves Workshop: A Black Friday Youth Yoga Event with Jacqueline Reasor

Saturday November 25: Small Business Saturday Online Sale: 25% off till midnight on select passes and products. Promo code SBS

Friday December 1 from 6:00-9:00 p.m.: *Pink Lotus Yoga's Sixth Anniversary Celebration!* Free class from 6-7 p.m. followed by reception. Yoga, good cheer, great company, and giveaways

***Sunday December 3** from 7:00-9:00 p.m.: Full Moon Yoga and Meditation with Katie Clair

Wednesdays December 6, 13, and 20 from 7:15-8:15 p.m.: Candlelight Restorative Yoga and Season-Themed Nidra with Marcia

Saturday December 9 from 11:15 a.m.-12:30 p.m.: Get Your Cheer Here: Heart and Hip Openers and Holiday Tunes with Sarah Lyon

***Friday December 15** from 7:15-8:45 p.m.: Candlelight Yoga Nidra + Social Hour with Marcia

Saturday December 23 from 10:00-11:15 a.m.: Mindful Movement/Flow with Erin Donovan

Sunday December 24 and Monday December 25: Studio Closed

Tuesday December 26 from 6-7:30 p.m.: Holiday De-Stress and Back Pain Relief with Caroline ("Pinky") Hall

Sunday December 31 from 9:30-10:30 a.m.: Holiday Morning Yoga (\$10 class/members free) with teacher TBA (all other classes this date are canceled)

Monday January 1 from 9:30-10:30 a.m.: Holiday Morning Yoga (\$10 class/members free) with Bethany Thomas (all other classes this date are canceled)

***Enroll at our Workshops Page**