



PinkLotusYoga.com

Pink Lotus Yoga ***Fall 2018 Special Event and Holiday Schedule***

Friday October 26 from 4:30-7:00 p.m.: *Long Yin Yoga Class and Community Gathering*

***Saturday October 27** from 1:00-4:00 p.m.: *Help in Difficult Times: A Community Gathers.* Free, open topic discussion and activity session facilitated by Viviane Buchanan and Kathleen McDonnell, impassioned experts in the fields of social justice and peace-based communications. Tea from Lakewood Tea Lab and baked goods courtesy of our neighbors Breadsmith will be served.

***Friday November 9** from 6:15-7:45p: *2nd Friday Candlelight Yoga Nidra and Tea*

Friday, November 16 from 6:00-8:30 p.m.: *Annual "Get Your Cheer Here": Flow Yoga, Holiday Tunes, and Happy Hour*

Thursday November 22 from 6:00-6:45 a.m. and from 9:30-10:30 a.m. *Morning Yoga* (all other classes this date canceled)

Friday November 23 from 6:15-7:45 p.m.: *Holiday De-Stress Candlelight Yoga Flow and Tea*

***Saturday December 1** from 1:00-3:30 p.m.: *Restorative/Yin and Holiday Crafting: A Yoga+Expressive Arts Event*

***Friday December 14** from 6:15-7:45 p.m.: *2nd Friday Candlelight Yoga Nidra and Tea*

***Friday December 21** from 4:30-7:00 p.m.: *Annual Winter Solstice Celebration: Winter, Yoga, & Good Company*

***Saturday December 22** from 6:00-8:30 p.m.: *Annual Full Moon Women's Yoga and Meditation*

Monday December 24 from 6:00-6:45 a.m.: *Morning Yoga* (all other classes this date canceled)

Tuesday December 25 from 6:00-6:45 a.m. and from 9:30-10:30 a.m.: *Morning Yoga* (all other classes this date canceled)

Monday December 31 from 6:00-6:45 a.m.: *Morning Yoga* (all other classes this date canceled)

Tuesday January 1 from 9:30-10:30 a.m.: *New Year's Day Yoga* (all other classes this date canceled)

***enroll at our Workshops Page**