



Yoga in Gratiot County this week:

Sunday 11/11/18--Happy Veterans Day

8:00 AM BUTI Yoga with Kris DeMull at LEAN in St Louis

Monday 11/12/18

8:00 AM Yoga with Peggy at Alma College Stone Rec Center

10:00 AM Gentle Yoga Monday with Stacey at Alma 1st Presbyterian Church
in the Garden Room

6:15 PM Gentle Yoga with Stacey at Alma 1st Presbyterian Church in the fellowship hall

Tuesday 11/13/18

11:30 AM Chair Yoga with Wendy at The Academy of Performing Arts

Wednesday 11/14/18

5:00 AM Flex and Stretch Yoga with Stacey Graham at BRICKK

8:00 AM Yoga with Peggy at Alma College Stone Rec Center

6:15 PM Yoga with Lauren is Cancelled this week. Lauren will be back next week:)

Thursday 11/15/18

11:30 AM Chair Yoga with Wendy at The Academy of Performing Arts in Alma

12:15 PM Lunch Gentle Yoga with Peggy at Alma College Stone Rec Center

5:30 PM BUTI Yoga with Kris at LEAN in St Louis

Friday 11/16/18

11:30 AM Chair Yoga with Wendy at The Academy of Performing Arts

5:30PM Fall Fridays at The Academy of Performing Arts BUTI Yoga with Brandi Stone

Saturday 11/17/18--We will continue at the Blush on Saturdays! Yay!!!

8:30 AM All Levels Flow with Yoga Connection at The Blush with Peggy Miller

9:45 AM Gentle Yoga with Yoga Connection at The Blush with Peggy Miller

"Yoga is the dance of every Cell with the music of every Breath that creates inner Serenity and
Harmony" --Debasish Mridha MD