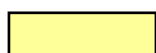


# 2021 YOGA FOR EVERYBODY

All classes are one hour long and offered at the Rec Center (IPRC) or via Zoom as noted in legend below calendar

## November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am <sup>1</sup> 5:45pm	8:30am <sup>2</sup> 5:45pm	* S.E.F. * 8:30am 5:45pm	10:00am <sup>4</sup> 5:45pm	5	8:30am <sup>6</sup>
7	10:00am <sup>8</sup> 5:45pm	8:30am <sup>9</sup> 5:45pm	* L.E.F. * 8:30am 5:45pm	10:00am <sup>11</sup> 5:45pm	12	8:30am <sup>13</sup>
14	10:00am <sup>15</sup> 5:45pm	8:30am <sup>16</sup> 5:45pm	* S.E.F. * 8:30am 5:45pm	10:00am <sup>18</sup> 5:45pm	19	8:30am <sup>20</sup>
21	10:00am <sup>22</sup> 5:45pm	8:30am <sup>23</sup> 5:45pm	* L.E.F. * 8:30am 5:45pm	8:30am <sup>25</sup> No Class	26	8:30am <sup>27</sup>
28	10:00am <sup>29</sup> 5:45pm	8:30am <sup>30</sup> 5:45pm				



ZOOM



REC CENTER

\* S.E.F. \* = Short Edge Forward

\* L.E.F. \* = Long Edge Forward

(yoga mat edge placement in relation to the front of the room)

Instructor: Ken Hainline, RYT ~~ 832-496-2497 ~~ [www.y4eb.com](http://www.y4eb.com)