



November



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SAT

9:30: Chair Yoga (virtual)
11:00 Quotes & Conversation (virtual)

11: Slow Flow Yoga (virtual)

11: Stabilization Group (Full)

10:30: Expressive Arts Group

5:30: Women's Support Circle

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9:30: Gentle Stretch Yoga (virtual)
10:30: Meditation Group (virtual & in-person)

9:30: Chair Yoga (virtual)
11:00 Quotes & Conversation (virtual)
5:30: Women's Support Circle

11: Slow Flow Yoga (virtual)

11: Stabilization Group (Full)

10:30: Expressive Arts Group

7:00 pm: Women's Connection Group (full)

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