

BYS December: Warm Fuzzy Feelings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 REST	5 NEW CLASS <u>Anti-Aging Yoga</u>	6 REST	7 <u>Give Yourself Some Grace</u>	8 REST	9 <u>Sleepy Time Yoga</u>	10 REST
11 REST	12 <u>Treat Yo-Self Flow</u>	13 REST	14 <u>Full Body Hug</u>	15 REST	16 <u>Relaxing Body Scan Meditation</u>	17 REST
18 REST	19 <u>Energizing Heart- Opening Flow</u>	20 REST	21 <u>Just The Next Right Thing</u>	22 REST	23 <u>Yoga For When You Sit At The Desk All Day</u>	24 REST
25 REST	26 <u>Yoga For When You've Been On Your Feet All Day</u>	27 REST	28 <u>Self Care Ritual</u>	29 REST	30 <u>Stretchy Soothing Flow</u>	31 REST

Catch some warm fuzzy feelings this festive season with some cozy self care focused classes that will make you feel all warm and gooey inside.

