

## **NOVEMBER SCHEDULE FOR THE RIVER STUDIO**

### **MONDAY**

11:00- 4:30PM	<i>Chiropractic with Petra</i>	Front Studio
4:30 – 5:30 PM	Pilates Mat with Marisa	River Studio
5:45 – 7PM	Yoga Prana Flow with Lily	River Studio

### **TUESDAY**

8:15-9:30AM	Align Yoga with Julie	River Studio
10:00- 4 PM	Yoga Therapy Privates w/ Silvia	River Studio
4:30- 6PM	Yin Yoga with Wendy	River Studio

### **WEDNESDAY**

8:15- 9:30AM	Yoga Prana Flow w/ Kim	River Studio
5:00 – 6:15PM	Amrit Yoga w/ Silvia*	River Studio

### **THURSDAY**

8:15-9:30AM	Align Yoga with Julie	River Studio
4:30 – 5:30PM	Reiki Restorative Yoga w/ Wendy	River Studio

### **FRIDAY**

9 -12 PM	<i>Chiropractic with Petra</i>	Front Studio
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### **SATURDAY**

9:00-10:15AM	Community Yoga – donation	River Studio
1 <sup>st</sup> Sat.7:45-8:45	Meditation & Pranayama w/ Sue**	River Studio

### **SUNDAY**

5:30 – 6:30PM	Align & Flow with Heather	River Studio
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All Yoga Classes are \$10

\*To schedule Yoga Therapy with Silvia call 970-739-6834\*

\*\*First Saturdays of the month join Sue for Meditation\*\*

**Visit our website for updates, class descriptions and more...**

**[www.mancosriverstudio.com](http://www.mancosriverstudio.com)**