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| AUGUST 2018  HIGHLIGHS OF SPECIAL CLASSES & WORKSHOPS  15th – Yoga Nidra with Karen 6-7 pm  20th - Neck & Back Care Workshop with Bethany 5:30-7:30 pm  27th – Mindfulness Meditation for Beginners with Karen 6-7:30pm  29th – Restorative Yoga with Karen 6-7 pm  NO CLASSES Labor Day Weekend Sept. 1-3  Full Fall Schedule resumes Tuesday, Sept. 4 |  |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 29 | 30 | 31 | August 1 | 2 | 3 | 4 |
|  |  | 5:30 pm Yoga with Karen |  | 10 am Gentle Yoga  5:30 pm Yoga  with Karen |  | 8am Yoga with Bethany |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  |  | 5:30 pm Yoga |  | 10 am Gentle Yoga  5:30 pm Yoga  with Karen |  | 8am Yoga with Bethany |
| 126 | 13 | 14 | 15 | 16 | 17 | 18 |
|  |  | 5:30 pm Yoga | **YOGA NIDRA** with Karen  6-7 pm | 10 am Gentle Yoga  5:30 pm Yoga with Karen |  | 8am Yoga with Bethany |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | **NECK & BACK CARE**  **Workshop** with Bethany Shroyer  5:30-7:30 pm | 5:30 pm Yoga with Karen |  | 10 am Gentle Yoga  5:30 pm Yoga with Karen |  | 8am Yoga with Bethany |
| 26 | 27 | 28 | 29 | 30 | 31 | Sept. 1 |
|  | **MINDFULNESS MEDITATION FOR BEGINNERS Workshop** with Karen Kramer  6-7:30 pm | 5:30 pm Yoga with Karen | **RESTORATIVE YOGA** with Karen  6-7 pm | 10 am Gentle Yoga  5:30 pm Yoga with Karen |  | **NO CLASS** |
| 2 | **LABOR DAY NO CLASS** 3 |  |  |  |  |  |

CLASS DESCRIPTIONS AND REGISTRATIONS ONLINE @ [WWW.KARENKRAMERYOGA.COM](http://WWW.KARENKRAMERYOGA.COM)

WALK-INS WELCOME for regularly scheduled classes- $10 per class fee | REGISTRATION REQUIRED FOR WORKSHOPS

PUNCH CARDS - $100 for 12 classes

Credit cards and Venmo accepted **Like/Follow our FACEBOOK page: Karen Kramer Yoga**

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