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| **September**2018  R |  |
| **\*Yoga Nidra SEPT 12th**  **\*Restorative Yoga SEPT 17th**  **\*Pelvic Health: What You Need to Know SEPT 22nd**  **\*Beginner Yoga Series Wednesdays starting SEPT 26th** |  |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | September 1 |
|  |  |  |  |  |  | **NO CLASS** |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | **LABOR DAY** | **5:30 pm** Yoga with Karen |  | **\*10:30 a.m.** Gentle Yoga  **5:30 pm** Yoga  with Karen |  | **8:00 a.m.** Yoga with Bethany |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **5:30 pm** Yoga HIIT with Bethany | **5:30 pm** Yoga  With Karen | **6-7pm** Yoga Nidra with Karen | **\*10:30 a.m.** Gentle Yoga  **5:30 pm** Yoga with Karen |  | **8:00 a.m.** Yoga with Bethany |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | **5:30 pm** Yoga HIIT with Bethany  **7pm** Restorative Yoga w/Karen | **5:30 pm** Yoga with Karen |  | **10:00 a.m.** Gentle Yoga  **5:30 pm** Yoga with Karen |  | **8:00 a.m.** Yoga with Bethany  **10AM-NOON** Pelvic Health for Optimal Well-Being Workshop |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | **5:30 pm** Yoga HIIT with Bethany | **5:30 pm** Yoga with Karen | **6:30-7:30pm**  Beginner Yoga  Class #1 | **10:00 a.m.** Gentle Yoga  **5:30 pm** Yoga with Karen |  | **8:00 a.m.** Yoga with Bethany |

$10 per class fee \*PUNCH CARDS - $100 for 12 classes \*Credit cards and Venmo accepted

**Like/Follow Dyersville Yoga Studio on Facebook | 319-480-2261 | karenkrameryoga@outlook.com**