



November 2024



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Facebook: www.facebook.com/lostriveryoga/

Web: <https://farmandyoga.com>

Friday	Saturday	Sunday
	<p>2</p> <p>Qigong 10-11 am Dan</p>	<p>3</p> <p>Meditation 9:30-10:30 am Lost River Mindfulness Community</p>
	<p>9</p> <p>Children's Yoga 9-9:45 am Lindsay</p> <p>Vinyasa 10-11 am Pia</p>	<p>10</p> <p>Meditation 9:30-10:30 am Lost River Mindfulness Community</p>
	<p>16</p> <p>Vinyasa 10-11 am Havala</p>	<p>17</p> <p>Meditation 9:30-10:30 am Lost River Mindfulness Community</p>
<p>22</p> <p>Blissful Hour (Yin + Yoga Nidra + Tea + Cookies) 5:30-7:00 pm Havala</p>	<p>23</p> <p>Vinyasa 10-11 am Joyce</p>	<p>24</p> <p>Meditation 9:30-10:30 am Lost River Mindfulness Community</p>

Regularly-scheduled yoga classes: \$10 drop-in

Meditation: \$10 suggested donation.

Children's Yoga: \$15 - Sign up in advance: <https://www.littlemountainyoga.com/register>

No yoga classes the week of Thanksgiving - have a safe and happy holiday!