

# October 2024

Friday	Saturday	Sunday
4	5 Vinyasa Yoga 10-11 am Havala	6 Meditation 9:30-10:30 am Lost River Mindfulness Community
11	12 Vinyasa Yoga 10-11 am Havala	13 Meditation 9:30-10:30 am Lost River Mindfulness Community
18	19 Vinyasa Yoga 10-11 am Havala	20 Meditation 9:30-10:30 am Lost River Mindfulness Community
25 Blissful Hour (Yin + Yoga Nidra + Tea + Cookies) 5:30-7:00 pm Havala	26 Vinyasa Yoga 10-11 am Havala	27 Meditation 9:30-10:30 am Lost River Mindfulness Community



All are welcome - no experience needed.  
 Yoga classes are \$10 drop-in; meditation is \$10 suggested donation.  
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[www.facebook.com/lostriveryoga/](http://www.facebook.com/lostriveryoga/)

