

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00pm- 4:00pm Gentle Yoga	2	3	4	5 11:00am- 12:30pm Ai Chi/ Water Yoga	6 11:00am- 1:00pm Pilates 6:00pm- 7:00pm NIA at Night \$20.	7
8 2:00pm- 4:00pm Yin & Yang Yoga	9	10 9:30am- 11:00am NIA	11	12 11:00am- 1:00pm Gentle Yoga	13 6:00pm- 7:00pm NIA at Night \$20.	14 1:00pm- 3:00pm Sound Journey
15 12:00pm- 1:30pm NIA	16	17	18	19 11:00am- 12:15pm Water Yoga	20 11:00am- 1:00pm Yoga Friday 6:00pm- 7:00pm NIA at Night \$20.	21
22 11:00am- 1:00pm Sprit of Aloha	23	24	25	26	27 6:00pm- 7:00pm NIA at Night \$20.	28
29	30					

Workshop pricing is \$45.00/ per person. Guests are welcome to enjoy the Spa and bathhouse for the day of the workshop.

*NIA at night guests are welcome to enjoy the Spa and bathhouse from 5:00pm- 8:00pm on the day of the workshop.

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6 2:00pm- 4:00pm Yin & Yang Yoga	7	8 9:30am- 11:00am NIA	9	10 11:00am- 1:00pm Gentle Yoga	11 6:00pm- 7:00pm NIA at Night \$20.	12
13 11:30am- 1:30pm Goddess Dance 2:00pm- 4:00pm Gentle Yoga	14	15	16	17 11:00am- 12:15pm Water Yoga	18 6:00pm- 7:00pm NIA at Night \$20.	19
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