

# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						No Classes 1
CLOSED 2	Yoga TRIM 6:30-7:30 p.m. 3	YogaFaith Sunrise 6:00-7:00 a.m. 4	Yoga with Carol 5:30-7:00 p.m. 5	Yoga Beginners 5:30-6:30 p.m. 6	No Classes 7	No Classes 8
CLOSED 9	Yoga TRIM 6:30-7:30 p.m. 10	YogaFaith Sunrise 6:00-7:00 a.m. 11 <b>FREE Core Event</b> Social 6:00-7:00 pm	Yoga with Carol 5:30-7:00 p.m. 12	Yoga Beginners 5:30-6:30 p.m. 13	No Classes 14	Mommy & Me Yoga 9:30-10:00 a.m. 15
CLOSED 16	Yoga TRIM 6:30-7:30 p.m. 17	YogaFaith Sunrise 6:00-7:00 a.m. 18	Yoga with Carol 5:30-7:00 p.m. 19	Yoga Beginners 5:30-6:30 p.m. 20	No Classes 21	No Classes 22
CLOSED 23	NO CLASSES CHRISTMAS EVE 24	NO CLASSES MERRY CHRISTMAS!! 25	Yoga with Carol 5:30-7:00 p.m. 26	Yoga Beginners 5:30-7:00 p.m. 27	No Classes 28	No Classes 29
CLOSED 30	NEW YEAR, NEW YOGA 6:30-7:30 p.m. 31					

# EVENTS

## FREE Core Event Social

6:00-7:00 p.m.

Let's talk about why we don't recognize our post baby body and how our adaptive postures create a host of problems including core and pelvic floor dysfunction. I'll also be doing free Diastasis Recti checks (the unnatural stretching and thinning of your linea alba that is the connection point for your rectus abdominis).

Space is limited,  
RSVP by 12/7/18.

[Stayce.corelastic@gmail.com](mailto:Stayce.corelastic@gmail.com)

Chance to win free massage  
or private yoga session!!

## Mommy & Me Yoga

Fun 30 minute class for mom and child (age 2-9 is best but all are welcome). One class per month and each class will have a new theme than the previous month. November was "I am Thankful" and this December will be "Family Fun & Snowdays!"