2026 November

AUMANA yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Warm Sunday Morning Flow with Tricia** 10-11:15am **Candlelight Yoga & Soundbath with Pechta** 7-8:15pm	2 **Book Club at Aumana Yoga** 6-7:30pm	3	4 **Restorative with Chris** 5:30pm **Restorative with Ben** 7pm	5 **Karma Class** (donation-based) **with Tricia** 5:30-6:30pm **Vinyasa Flow with Janelle** 7-8:15pm	6	7 **Good Morning Bhakti Flow with Chris** 10-11:15am
8 **Warm Sunday Morning Flow with Tricia** 10-11:15am **Creative Current: with Chris & Amy** 2-4:30pm ($50) **Candlelight Soundbath with Pechta** 7-8:15pm	9	10	11 **Restorative with Chris** 5:30pm **Restorative with Ben** 7pm	12 **Gentle Flow with Tricia** 5:30-6:30pm **Vinyasa Flow with Janelle** 7-8:15pm	13	14 **Good Morning Bhakti Flow with Chris** 10-11:15am
15 **Warm Sunday Morning Flow with Tricia** 10-11:15am NEW VISITING TEACHER **Candlelight Soundbath with Dan** 7-8:15pm	16	17	18 **Restorative with Chris** 5:30pm **Restorative with Ben** 7pm	19 **Gentle Flow with Tricia** 5:30-6:30pm **Vinyasa Flow with Janelle** 7-8:15pm	20	21 **Good Morning Bhakti Flow with Chris** 10-11:15am **Tie Dye Workshop with Haleigh** 2-4pm *$35
22 **Warm Sunday Morning Flow with Tricia** 10-11:15am NEW VISITING TEACHER **Candlelight Soundbath with Dan** 7-8:15pm	23	24	25 **Restorative with Chris** 5:30pm **Restorative with Ben** 7pm	26 Happy Thanksgiving	27	28 **Good Morning Bhakti Flow with Chris** 10-11:15am
29 **Warm Sunday Morning Flow with Tricia** 10-11:15am NEW VISITING TEACHER **Candlelight Soundbath with Dan** 7-8:15pm	30					