

# OCTOBER 2026



| Sunday                                                                                                                                                                                                        | Monday                                                  | Tuesday | Wednesday                                                                                   | Thursday                                                                                            | Friday | Saturday                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                               |                                                         |         |                                                                                             | 1<br><b>Gentle Flow with Tricia</b><br>5:30–6:30pm<br><b>Vinyasa Flow with Janelle</b><br>7–8:15pm  | 2      | 3<br><b>Good Morning Bhakti Flow with Chris</b><br>10–11:15am<br><b>Personal Freedom Workshop with Julia &amp; Nancy</b> (\$150)<br>1–5pm |
| 4<br><b>Warm Sunday Morning Flow with Tricia</b> 10–11:15am<br><b>Creative Current: The Poet's Heart with Chris &amp; Amy</b> 2–4:30pm (\$50)<br><b>Candlelight Yoga &amp; Soundbath with Pechta</b> 7–8:15pm | 5<br><b>Book Club at Mark &amp; Julia's</b><br>6–7:30pm | 6       | 7<br><b>Restorative with Chris</b><br>5:30pm<br><b>Restorative with Ben</b><br>7pm          | 8<br><b>Gentle Flow with Tricia</b><br>5:30–6:30pm<br><b>Vinyasa Flow with Janelle</b><br>7–8:15pm  | 9      | 10<br><b>Good Morning Vinyasa Flow with Janelle</b> (subbing)<br>10–11:15am                                                               |
| 11<br><b>Sunday Morning Flow with Janelle</b> (subbing)<br>10–11:15am                                                                                                                                         | 12                                                      | 13      | 14<br><b>Restorative with Chris</b><br>5:30pm<br><b>Restorative with Ben</b><br>7pm         | 15<br><b>Gentle Flow with Tricia</b><br>5:30–6:30pm<br><b>Vinyasa Flow with Janelle</b><br>7–8:15pm | 16     | 17<br><b>Good Morning Bhakti Flow with Chris</b><br>10–11:15am<br><b>Karma Class</b> (donation-based) <b>with Tricia</b><br>12–1pm        |
| 18<br><b>Warm Sunday Morning Flow with Tricia</b> 10–11:15am<br><b>Creative Current: The Artist's Eye with Chris &amp; Amy</b> 2–4:30pm (\$50)<br><b>Candlelight Soundbath with Pechta</b> 7–8:15pm           | 19                                                      | 20      | 21<br><b>Restorative with Chris</b><br>5:30pm<br><b>Restorative with Ben</b><br>7pm         | 22<br><b>Gentle Flow with Tricia</b><br>5:30–6:30pm<br><b>Vinyasa Flow with Janelle</b><br>7–8:15pm | 23     | 24<br><b>Rise, Flow, &amp; Vote: Morning Vinyasa with Pechta</b><br>10–11am<br><b>VOTE!</b>                                               |
| 25<br><b>Warm Sunday Morning Flow with Tricia</b> 10–11:15am<br><b>Candlelight Yoga &amp; Soundbath with Pechta</b> 7–8:15pm                                                                                  | 26                                                      | 27      | 28<br><b>Restorative with Chris</b><br>5:30pm<br><b>RIP Restorative with Ben</b><br>7pm<br> | 29<br><b>SPOOKASANA</b><br><b>Spookasana Costume Glow Vinyasa Flow with Janelle</b><br>7–8:15pm<br> | 30<br> | 31<br><b>GHOUL Morning Bhakti Flow with Chris</b><br>10–11:15am<br>                                                                       |