



**The
Yoga Place**

Fall Session: Sep 8 – Dec 21, 2019 14-weeks

Sunday	9:00-10:30am	Dynamic Practice	Jarad
Monday	8:30-10:00am	Mixed Levels	Sam
	4:00 -5:30pm	Level I Continuing	Chris
	5:45-7:00pm	Level I Beginning	Jennie
Tuesday	8:30 -10:00am	Level I Continuing	Rachel
	10:30-12:30pm	Level III	Chris
	2:30- 3:45pm	Ageless Level I	Pam
	5:15- 6:45pm	Level I Continuing	Jenelle
Wednesday	6:30-7:30am	Good Morning!	Pam
	8:30-10:00am	Mixed Levels	Jennie
	10:30-Noon	Ageless Level I	Francie
	4:00-5:15pm	Level I Beginning	Chris
	5:30-7:00pm	Level II	Chris
Thursday	8:15-9:30am	Level I Beginning	Pam
	10:00-11:30am	Mixed Levels	Francie
	Noon-12:50pm	Lunchtime Yoga	Jennie
	4:00-5:15pm	Ageless Level I	Francie
	5:30-7:00pm	Mixed Levels	Jennie
Friday	8:30-10:00am	Level I Continuing	Jennie
	10:30-Noon	Ageless Level I	Francie
Saturday	9:00-10:30am	Mixed Levels	Francie



Schedule subject to change -

please check website for most current info!

www.yogalacrosse.com

Welcome to The Yoga Place!

Fall 2019 Events:

Develop Your Home Practice

Yoga Class is where we learn, but home practice is where the magic of yoga can really happen!

Includes home practice booklet.

Wed thru Fri, Sept 4-6: 8:30-10 AM

Stretch & Shine! @ The Childrens Museum

Led by The Yoga Place designed for children & their caregivers. Classes will be playful and challenging, seeking to nurture the inner spirit of each child & promote love of movement & health.

2nd Wednesday of the month Sep – Dec.

Starts Sept 11th 10:30-11:00am

Putting Philosophy into Practice

Join Jennie for an introduction and exploration of *The Yoga Sutras of Patanjali in Action*.

Details to follow.

Sunday, Sept. 29 1:00-4:00 PM

Downtown Historic Day

FREE Class at The Yoga Place!

October 12, 11:00-Noon

Create a Gratitude Mala:

A fundraiser for Hunger Task Force of La Crosse

At the time of harvest and Thanksgiving, we are invited to bring more awareness to gratitude for the abundance in our lives.

Details to follow.

Tuesday, Nov 26, 5:30-7:30pm

Annual Celebration, B.K.S. Iyengar

Save the Date!!

Come and join us to celebrate our community and the anniversary of Guruji's birth. The teachers make special indian food to celebrate you, our students!

Sunday, Dec. 15th 1:30-4:30pm

Details, pricing & sign-up information on our website.

