SIFT YOGA www.siftyoga.com

August 2019

◄ Jul 2019 Sep 2019 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY: **YF**= Yoga Flow, **GY**= Gentle Yoga, **HY**= Hatha Yoga ,(ages 0-6yrs) = Story Yoga (FREE – 30 min), **KYSE**= Kids Yoga Special Event (registration required) **Chair**= Chair Yoga, **Ashtanga Yoga Series** - Registration Required, **S.I.F.T: ____** (is a Hatha Practice - with body part focus each week) MEET ANITA - Newest Member of the SIFT Family, teaching Monday Nights Becca RETURNS to fill in AUGUST 3rd! JOIN HER! STARTING IN September - 4:30 pm Hatha with Laurin! Keep an eye out! YTT = Yoga Teacher Training being held at Sift				**1** **9:00 GY** (Becca) **10:30-11:30 Chair** (Becca) **5:45 HY** (Sarah L)	**2** **9:15-10:15 HY** (Alicia)	**3** ***8:30 Hatha Yoga at Farmers Market - FREE*** **9:00 YF** (Becca) **10:15 Restore 45** (Becca)
4 **BACK TO SCHOOL** FOOD DRIVE HAPPENING AT SIFT ALL MONTH LONG! Invite a friend to try a class, have them bring a few items and class is FREE!	**5** **9:15 YF** (Carrie) **5:45 HY** (Anita)	**6** **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary)	**7** **9:15-10:15 HY** (Laurin)	**8** **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary **5:45 HY** (Carrie)	**9** **9:15-10:15 HY** (Alicia)	**10** **9:00 YF** (Carrie)
11	**12** **9:15 YF** (Carrie) **5:45 HY** (Anita)	**13** **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary)	**14** **9:15-10:15 HY** (Laurin)	**15** **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary **5:45 HY** (Carrie)	**16** **9:15-10:15 HY** (Alicia)	**17** ***8:30 Hatha Yoga 10:00 Family Yoga at Farmer's Market - FREE*** **9:00 YF** (Amelia) YTT Weekend
18 YTT Weekend	**19** **9:15 YF** (Carrie) **5:45 HY** (Anita)	**20** **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary)	**21** **9:15-10:15 HY** (Laurin)	**22** **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary **5:45 HY** (Carrie)	**23** **9:15-10:15 HY** (Alicia)	**24** **9:00 YF** (Carrie) **10:15-12:15** ($25/$35) **Ashtanga: How, Why, and When to Modify** (Amelia)
25 **MAKE SURE YOU ARE REGISTERED FOR ASHTANGA! It starts on Tuesday! - free for unlimited members**	**26** **9:15 YF** (Carrie) **5:45 HY** (Anita)	**27** **5:30** am Ashtanga **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary) Coming soon 4:30(Tuesdays) with Laurin!	**28** **9:15-10:15 HY** (Laurin)	**29** **5:30** am Ashtanga **9:00 GY** (Rosemary) **10:30-11:30 Chair** (Rosemary **5:45 HY** (Carrie)	**30** **9:15-10:15 HY** (Alicia)	**31** ***8:30 Hatha Yoga Farmer's Market - FREE*** **9:00 HY** (Laurin)