

THESE CLASSES ARE CANCELLED WHILE

WE ARE GONE:

- Aug 19 only, Tue, 9:45 am, Basic 2
- Aug 19, 20, 21, 22, 29, Tue to Fri, 5 pm, 5:15 pm,  
6:30 & 6:45 pm classes
- Aug 23, Sat, 11:15 am and 4:30 pm, Basic 2
- Aug 23 to Sept 13, Sat, 9 am, Intermediate 2
- Aug 30, Sat, 4:30 pm, Basic 2
- Sept 18 and 25, Thurs, 7 am & 8:15 am,

Basic 1 & 2

\*\*Shelley resumes teaching Sun, Sept 14, two am classes only; her two pm classes taught by substitute teachers. Full teaching schedule Tue, Sept 16 on.\*\*

\*\*Ray resumes teaching Mon, Sept 15.\*\*

F R E E  
Open Practice Sessions!

Studio will be open for you, MYC students, to come and do your own practice on:

- ◆ Tue, Aug 19                    5:15-6:45 pm    Monitor-Marlene
- ◆ Thur, Aug 21        5:15-6:45 pm    Monitor-Shelton
- ◆ Fri, Aug 22                5-6:30 pm        Monitor-Shelton
  
- ◆ Basic & Intermediate level MYC students welcome.
- ◆ Stay as long or short as you want.
- ◆ Please keep conversations to a quiet minimum.

It's a great opportunity to jump-start your self-directed practice, which is essential to yoga! We encourage you to take advantage!