

# Anatomy Themed and Therapeutically Focused Classes In September



Watch for dedicated practices in the following classes:

<b>Mon, 6pm, Mindful Motion</b>	<b>Wed, 9am, Ageless Lev 1 &amp; 2</b>
<b>September 11-Breath-Mary</b>	<b>September 6-Elbows, Wrists, Hands-Kim</b>
<b>September 18-Legs-Mary</b>	<b>September 13-Breath-Mary Lou</b>
<b>September 25-Hips-Mary Lou</b>	<b>September 20-Balance-Christina</b>
	<b>September 27-Shoulders-Kim</b>

