

NOVEMBER



MON	TUE	WED	THU	FRI
2 TRAUMA- INFORMED YOGA 9.30AM - 11AM	3	4	5	6
9 TRAUMA- INFORMED YOGA 9.30AM - 11AM	10	11	12	13 FINDING YOUR VOICE 10:00AM - 1PM
16 TRAUMA- INFORMED YOGA 9.30AM - 11AM	17 HEALTHY RELATIONSHIP 5:30AM - 7:30PM	18	19	20
23 TRAUMA- INFORMED YOGA 9.30AM - 11AM	24	25	26	27
30 TRAUMA- INFORMED YOGA 9.30AM - 11AM				