

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	day 245	<b>1</b> day 246	<b>2</b> day 247	<b>3</b> day 248	<b>4</b> day 249	<b>5</b> day 250
			5:45pm-6:45pm GGNH <b>Gentle Yoga</b>	7:00-8:30pm GGNH <b>Backbends &amp; Heart Openers</b>		2-4pm Sheraton <b>WS: Freedom in Asana</b>
week 37/day 251	<b>7</b> day 252	<b>8</b> day 253	<b>9</b> day 254	<b>10</b> day 255	<b>11</b> day 256	<b>12</b> day 257
	7:00-8:30pm GGNH <b>Level 1-2</b>		5:45pm-6:45pm GGNH <b>Gentle Yoga</b>	7:00-8:30pm GGNH <b>Yin Forward Folds</b>		10:30am-Noon GGNH <b>Level 1-2</b>
week 38/day 258	<b>14</b> day 259	<b>15</b> day 260	<b>16</b> day 261	<b>17</b> day 262	<b>18</b> day 263	<b>19</b> day 264
	7:00-8:30pm GGNH <b>Level 1-2</b>		5:45pm-6:45pm GGNH <b>Gentle Yoga</b>	7:00-8:30pm GGNH <b>Shoulder Openers</b>		10:30am-1pm GGNH <b>Yoga Mala!!</b>
week 39/day 265	<b>21</b> day 266	<b>22</b> day 267	<b>23</b> day 268	<b>24</b> day 269	<b>25</b> day 270	<b>26</b> day 271
	7:00-8:30pm GGNH <b>Level 1-2</b>		5:45pm-6:45pm GGNH <b>Gentle Yoga</b>	7:00-8:30pm GGNH <b>Hip Openers</b>		10:30am-Noon GGNH <b>Level 1-2</b>
week 40/day 272	<b>28</b> day 273	<b>29</b> day 274	<b>30</b>			
	7:00-8:30pm GGNH <b>Level 1-2</b>					

notes: Join Marianne for Creating Freedom in Asana at the RTP Sheraton on 9/6. Yoga Mala on 9/20. 108 Sun Salutations to celebrate the start of Autumn!

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ADV = Advanced Class | WS = Workshop | GGNH = Gold's Gym North Hills | GGPV = Gold's Gym Pleasant Valley | WFY = Wake Forest Yoga