



NOVEMBER 30 DAYS OF YOGA

FREE CLASS AND SPECIAL EVENTS CALENDAR
VISIT COASTALBLISSYOGA.COM FOR DAILY CLASS SCHEDULE



Tribal Parks Allies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		FREE Opening Circle 7:45PM	FREE Vinyasa Yoga 9:00AM	Yin w/ Sound Bath 7:45PM	FREE 55 or Better 11:00AM Yoga For Sleep 7:30PM	Guest Teachers Katie & Brandon Intro to Acro 9:00AM Yoga For Sleep 7:30PM
6	7	8	9	10	11	12
Prize Draw IG Live 12:30PM	Progressive Vinyasa 4:00PM Guest Teacher Katie Thacker 6:00PM	FREE Pre & Post Natal 9:00AM Guest Teacher Josh Nobleman Inversions 4:00PM Full Moon Flow 6:00PM	FREE Power Yoga 9:00AM	Yoga 2:00PM Opitsah Beach Guest Teacher Josh Nobleman Inversions 4:00PM Yin w/ Sound Bath 7:45PM	FREE 55 or Better 11:00AM Guest Teacher Lex Venn Crystal Bliss Bath 7:45PM	Guest Teacher Josh Nobleman Inversions 4:00PM Yoga For Sleep 7:30PM
13	14	15	16	17	18	19
Prize Draw IG Live 12:30PM	FREE Parent & Baby 1:00PM	FREE Restorative Yoga 4:00PM Warm Hatha & Yin 6:00PM & 7:45PM	FREE Vinyasa Yoga 9:00AM	FREE Yoga 2:00PM Tiiic-Mis-Aq'kin Health Centre Guest Teacher Guy Friswell Hatha 4:00PM Yin w/ Sound Bath 7:45PM	Intro to Yoga Therapy w/ Guy Friswell FREE 55 or Better 11:00AM	Intro to Yoga Therapy w/ Guy Friswell Yoga For Sleep 7:30PM
20	21	22	23	24	25	26
Intro to Yoga Therapy w/ Guy Friswell Prize Draw IG Live 12:30PM	Guest Teacher Guy Friswell Hatha 4:00PM	FREE Restorative Yoga 4:00PM Warm Hatha & Yin 6:00PM & 7:45PM	FREE Power Yoga 9:00AM	Yin w/ Sound Bath 7:45PM	FREE 55 or Better 11:00AM Yoga For Sleep 7:30PM	Yoga For Sleep 7:30PM
27	28	29	30	Thank you to our sponsors and prize donors:		
Prize Draw IG Live 12:30PM		FREE Restorative Yoga 4:00PM	FREE Surf Inspired Flow 9:00AM FREE Closing Circle 9:00PM	 		

