

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 No Classes Due to YTT @ YTO
3	4 5:15p Kadena Vinyasa Level 1-2	5 11:30a Foster Vinyasa Level 2	6 6-7:15p Foster Vinyasa Level 2-3	7 Flow Nidra 6:30p-8p @YTO	8	9 10am All-Levels Vinyasa @YTO SUB by Morgan
10	11 5:30p WARRIORS AT EASE @YTO* FREE	12 No Class in Observance of Veterans Day	13 6-7:15p Foster Vinyasa Level 2-3	14 Flow Nidra 6:30p-8p @YTO	15	16 10am All-Levels Vinyasa @YTO
17 6:30pm Yoga Nidra @YTO	18 5:15p Kadena Vinyasa Level 1-2	19 11:30a Foster Vinyasa Level 2	20 6-7:15p Foster Vinyasa Level 2-3	21 Flow Nidra 6:30p-8p @YTO	22	23 10am All-Levels Vinyasa @YTO 50% Off
24	25 5:15p Kadena Vinyasa Level 1-2	26 11:30a Foster Vinyasa Level 2	27 6-7:15p Foster Vinyasa Level 2-3	28 No Class in Observance of Thanksgiving	29	30 No Class

*Classes Hosted on Foster and Kadena are FREE

*Classes Hosted @YTO (The Yoga Tree Okinawa) require payment and online registration. PM with any questions :-)

*WARRIORS AT EASE is a Trauma-Informed Yoga Class Free to Service Members & Veterans. This class is FREE and suitable for all levels. Register at the Yoga Tree Okinawa Website to guarantee your spot.