

# Yoga Schedule - January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 NO CLASS	4	5 NO CLASS	6	7
8	9	10 5:30pm - 6:45pm In-Person & WebEx	11	12 1:30pm - 2:45pm In-Person & WebEx	13	14
15	16	17 5:30pm - 6:45pm In-Person & WebEx	18	19 1:30pm - 2:45pm In-Person & WebEx	20	21
22	23	24 5:30pm - 6:45pm In-Person & WebEx	25	26 1:30pm - 2:45pm In-Person & WebEx	27	28
29	30	31 5:30pm - 6:45pm In-Person & WebEx				



**Clearwater Valley**  
Health

In-Person Sessions take place in the Classroom at Clearwater Valley Health | Orofino Clinic - 1055 Riverside Ave. Orofino, ID 83544