

Yoga Schedule - October 2024

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



Clearwater Valley
Health

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