

July through September Facilitation and Teaching Schedules

FACILITATION SCHEDULE:

Every Body's Yoga on Mondays

| | |
|------|-----------|
| 7/3 | Kate L |
| 7/10 | Margaret |
| 7/17 | Pam |
| 7/24 | Jody |
| 7/31 | Kate L |
| 8/7 | Margaret |
| 8/14 | Pam |
| 8/21 | Jody |
| 8/28 | Kate L |
| 9/4 | Labor Day |
| 9/11 | Margaret |
| 9/18 | Pam |
| 9/25 | Jody |

Mauthe Center on Wednesdays

| | |
|------|----------|
| 7/5 | Kate L |
| 7/12 | Margaret |
| 7/19 | Pam |
| 7/26 | Jody |
| 8/2 | Kate L |
| 8/9 | Margaret |
| 8/16 | Pam |
| 8/23 | Jody |
| 8/30 | Kate L |
| 9/6 | Jeanne |
| 9/13 | Margaret |
| 9/20 | Pam |
| 9/27 | Jody |

TEACHING SCHEDULE:

Every Body's Yoga on Mondays

| | | TOPIC |
|------|-----------|------------------------------|
| 7/3 | Margaret | Right View of Noble 8 |
| 7/10 | Jim | Right Speech of Noble 8 |
| 7/17 | Jeanne | Right Livelihood of Noble 8 |
| 7/24 | Jody | Right Mindfulness of Noble 8 |
| 7/31 | Kate H | Five MT Recitation |
| 8/7 | Kate L | |
| 8/14 | Pam | |
| 8/21 | Margaret | |
| 8/28 | Jim | Five MT Recitation |
| 9/4 | Labor Day | |
| 9/11 | Jody | |
| 9/18 | Kate H | |
| 9/25 | Kate L | Five MT Recitation |

Mauthe Center on Wednesdays

| | | TOPIC |
|------|----------|--------------------------------|
| 7/5 | Jeanne | Right Thinking of Noble 8 |
| 7/12 | Margaret | Right Action of Noble 8 |
| 7/19 | Jody | Right Diligence of Noble 8 |
| 7/26 | Kate H | Right Concentration of Noble 8 |
| 8/2 | Pam | |
| 8/9 | Kate L | Five MT Recitation |
| 8/16 | Margaret | |
| 8/23 | Jody | |
| 8/30 | Kate H | |
| 9/6 | Pam | |
| 9/13 | Jeanne | |
| 9/20 | Kate L | |
| 9/27 | Margaret | |

Teachings should be at least half Thich Nhat Hanh, his monastics, or dharma teachers. Others should be similar mindfulness or Buddhist-based teachings.