

October through December Facilitation and Teaching Schedules

FACILITATION SCHEDULE:

Every Body's Yoga on Mondays

| | |
|-------|---------------|
| 10/2 | Kate L |
| 10/9 | Margaret |
| 10/16 | Jody |
| 10/23 | Kate L |
| 10/30 | Margaret |
| 11/6 | Jody |
| 11/13 | Kate L |
| 11/20 | Margaret |
| 11/27 | Jody |
| 12/4 | Kate L |
| 12/11 | Margaret |
| 12/18 | Jody |
| 12/25 | Christmas Day |

Pam will fill in as needed

Mauthe Center on Wednesdays

| | |
|-------|----------|
| 10/4 | Kate L |
| 10/11 | Margaret |
| 10/18 | Jody |
| 10/25 | Kate L |
| 11/1 | Margaret |
| 11/8 | Jody |
| 11/15 | Kate L |
| 11/22 | Margaret |
| 11/29 | Jody |
| 12/6 | Kate L |
| 12/13 | Margaret |
| 12/20 | Jody |
| 12/27 | Kate L |

TEACHING SCHEDULE:

Every Body's Yoga on Mondays

| | | TOPIC |
|-------|----------|--------------------|
| 10/2 | Margaret | |
| 10/9 | Jeanne | |
| 10/16 | Jody | |
| 10/23 | Kate H | |
| 10/30 | Kate L | Five MT Recitation |
| 11/6 | Margaret | |
| 11/13 | Jody | |
| 11/20 | Kate H | |
| 11/27 | Kate L | Five MT Recitation |
| 12/4 | Margaret | |
| 12/11 | Jody | |
| 12/18 | Kate H | |
| 12/25 | Kate L | Five MT Recitation |

Francesca & Pam will fill in as needed

Mauthe Center on Wednesdays

| | | TOPIC |
|-------|----------|------------------|
| 10/4 | Jody | |
| 10/11 | Kate H | |
| 10/18 | Kate L | |
| 10/25 | Margaret | |
| 11/1 | Kate H | |
| 11/8 | Jody | 14 MT Recitation |
| 11/15 | Jeanne | |
| 11/22 | Kate L | |
| 11/29 | Margaret | |
| 12/6 | Jody | |
| 12/13 | Kate H | |
| 12/20 | Kate L | |
| 12/27 | Margaret | |

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