




September Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8am Vinyasa Flow	4pm Vinyasa Flow			6am Rise & Flow	9am Vinyasa Flow	9/4 5:30pm Endless Summer Flow @ Cold Spring Farm
6pm Mobility Flow	6pm Vinyasa Flow	6pm Vinyasa Flow	6pm Vinyasa Flow			9/8 4-7pm OPEN HOUSE!
						9/17 10am Bend & Brunch @ Sanborn Mills Farm
						9/20-21 Stacey @ Private Yoga Kennebunkport
						9/26 6pm Bend & Brew Northwoods Brewing