

NOVEMBER 2020

Virtual Yoga Studio

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <u>20 min At WORK</u> 10:30am or on demand <u>no sweat, no impact</u>	3 <u>Okanagan Sunshine Flow - LIVE @ 7:00am</u>	4 <u>Morning WAKEUP - LIVE @ 6:30am</u>	5 <u>Morning Love Yoga</u>	6	7
8	9 <u>IHP with Tam 7:00 am</u>	10 <u>Okanagan Sunshine Flow - LIVE @ 7:00am</u>	11 <i>Remembrance Day</i>	12 <u>Fully Alive Flow - LIVE @ 7:00am</u>	13	14
15	16 <u>20 min At WORK</u> 10:30am or on demand <u>no sweat, no impact</u>	17 <u>Okanagan Sunshine Flow - LIVE @ 7:00am</u>	18 <u>Morning WAKEUP - LIVE @ 6:30am</u>	19 <u>Open Heart Yoga Flow</u>	20	21
22	23 <u>IHP with Tam 7:00 am</u>	24 <u>Okanagan Sunshine Flow - LIVE @ 7:00am</u>	25 <u>Evening Yoga to Decompress</u>	26 <u>Aglow Flow with special guest Instructor Nicole Olthius LIVE @ 6:30am</u>	27	28
29	30 <u>20 min At WORK</u> 10:30am or on demand <u>no sweat, no impact</u>					