

**NIH Yoga Awareness Month** – Join us for specialty classes in September! See each class link for details on locations and links to participate.

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <a href="#">Sunrise Yoga</a> (30 mins) 6:00a	2
3	4 HOLIDAY	5	6 <a href="#">Yin Yoga/Deep Rest Class</a> (30 mins) 12:00p	7	8 <a href="#">Yoga Strength</a> (30 mins) 6:00a  <a href="#">Yoga Mudras Workshop</a> (30 mins) 12:00p	9
10	11 <a href="#">Yoga+Core</a> (30 mins) 6:00a  <b>Yoga 101 for Inclusivity and Body Positivity</b> (45 mins) 12:30p Outdoors Building 1 Front Lawn	12 <a href="#">Bodyweight Strength Yoga</a> (30 mins) 1:00p In-person Building 53	13 <a href="#">Yoga for a Healthy Back</a> (30 mins) 6:00p	14	15 <a href="#">Yoga for Athletes</a> (30 mins) 6:00a	16
17	18 <a href="#">Slow Flow Yoga</a> (30 mins) 6:00a  <a href="#">Yoga for Lower Back Pain</a> (60 mins) 9:00a	19 <b>Strength Yoga</b> (30 mins) 1:00p In-person Building 53  <a href="#">Family Yoga</a> (30 mins) 6:00p	20	21 <a href="#">Workshop: Debunking the Myths of Yoga</a> (50 mins) 12:00p	22 <a href="#">Bendy Body Yoga</a> (30 mins) 6:00a	23
24	25 <a href="#">Gentle Yoga for Healing</a> (30 mins) 6:00a  <a href="#">Yoga Mantras</a> (30 mins) 12:00p	26 <b>Afternoon Yoga</b> (30 mins) 1:00p In-person, Building 53	27 <b>Yoga Off the Mat Workshop</b> (45 mins) TBD	28	29 <a href="#">Restorative Yoga</a> (30 mins) 6:00a	30