



Tribal Wellness Calendar October 2017



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
1	2 Gentle Yoga & Meditation with Rose 12-12:45 <i>*CTP 3:30-6:30</i>	3 NO YOGA @ 12 or 5 TRIBE CLOSED	4 CHILDREN'S DAY TRIBE CLOSED	5	6	7
8	9 Gentle Yoga & Meditation with Rose 12-12:45 <i>*CTP 3:30-6:30</i>	10 Special Yoga Workshop: <i>*11:30-1</i> (opt.to attend yoga only @ 12) Beginner's Yoga with Julie 5-6pm	11 <i>*Cherokee Strong Class @ GLW 12 & 4:45</i>	12 <i>*Cherokee Strong @ CIHA 12- 1</i>	13 <i>*START: Strength Training for Women@12-12:40</i>	14
15	16 Gentle Yoga & Meditation with Rose 12-12:45 <i>*CTP 3:30-6:30</i>	17 Yoga for Everyone-Robin 12-12:45 Beginner's Yoga with Julie 5-6pm	18 <i>*Cherokee Strong Class @ GLW 12 & 4:45</i>	19 <i>*Cherokee Strong @ CIHA 12- 1</i>	20 <i>*Strength Training for Women@12-12:40</i>	21
22	23 Gentle Yoga & Meditation with Rose 12-12:45 <i>*CTP 3:30-6:30</i>	24 Yoga for Everyone Robin 12-12:45 Beginner's Yoga with Julie 5-6pm	25 Aromatherapy <i>*Cherokee Strong Class @ GLW 12 & 4:45</i>	26 (CIHA C.S Class on 10/25) Halloween Cooking Demo @ Food lion 4-6	27 <i>*Strength Training for Women@12-12:40</i>	28
29	30 Gentle Yoga & Meditation with Rose 12-12:45	31 Yoga for Everyone Laura 12-12:45 Beginner's Yoga with Julie 5-6pm	<div style="border: 1px solid black; padding: 5px;"> <p style="margin: 0;">Classes are FREE & open to everyone! All Classes are @ the Ginger Lynn Welch Community Room 810 Acquoni Road, Cherokee, NC Contact Robin 828-359-6785 or robibail@nc-chokeee.com</p> <p style="margin: 0;"><i>* Cherokee Strong, CTP & Strength Training for Women you must sign up for in Advance.</i></p> </div>			