



Yoga Program Schedule 2025-26

Date	Yoga Program Week	Focus
Oct. 6, 2025	Week 1	Conscious Breathing Yoga Basics
Oct. 13, 2025	Week 2	Mindfulness Relaxation
Oct. 20, 2025	Week 3	Self Esteem Moving into Stillness
Oct. 27, 2025	Week 4	Concentration Balance
Nov. 3, 2025	Week 5	Conscious Breathing Free Movement
Nov. 10, 2025	Week 6	Mindfulness Space Awareness
Nov. 17, 2025	Week 7	Self Esteem Pose Review
Nov. 24, 2025	Week 8	Concentration Pose Recollection
Dec. 1, 2025	Week 1	Conscious Breathing Yoga Basics
Dec. 8, 2025	Week 2	Mindfulness Relaxation
Dec. 15, 2025	Week 3	Self Esteem Moving into Stillness
Jan. 5, 2026	Week 4	Concentration Balance
Jan. 12, 2026	Week 5	Conscious Breathing Free Movement
Jan. 19, 2026	Week 6	Mindfulness Space Awareness
Jan. 26, 2026	Week 7	Self Esteem Pose Review



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Date	Yoga Program Week	Focus
Feb. 2, 2026	Week 8	Concentration Pose Recollection
Feb. 9, 2026	Week 1	Conscious Breathing Yoga Basics
Feb. 16, 2026	Week 2	Mindfulness Relaxation
Feb. 23, 2026	Week 3	Self Esteem Moving into Stillness
Mar. 2, 2026	Week 4	Concentration Balance
Mar. 9, 2026	Week 5	Conscious Breathing Free Movement
Mar. 16, 2026	Week 6	Mindfulness Space Awareness
Mar. 23, 2026	Week 7	Self Esteem Pose Review
Mar. 30, 2026	Week 8	Concentration Pose Recollection
Apr. 6, 2026	Week 1	Conscious Breathing Yoga Basics
Apr. 13, 2026	Week 2	Mindfulness Relaxation
Apr. 20, 2026	Week 3	Self Esteem Moving into Stillness
Apr. 27, 2026	Week 4	Concentration Balance
May 4, 2026	Week 5	Conscious Breathing Free Movement
May 11, 2026	Week 6	Mindfulness Space Awareness



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Date	Yoga Program Week	Focus
May 18, 2026	Week 7	Self Esteem Pose Review
May 25, 2026	Week 8	Concentration Pose Recollection
June 1, 2026	Week 1	Conscious Breathing Yoga Basics
June 8, 2026	Week 2	Mindfulness Relaxation
June 15, 2026	Week 3	Self Esteem Moving into Stillness
Break for the Summer		