



Yoga Program Schedule 2026-2027

Date	Yoga Program Week	Focus
Oct. 12-16, 2026	Week 1	Conscious Breathing Yoga Basics
Oct. 19-23, 2026	Week 2	Mindfulness Relaxation
Oct. 26-30, 2206	Week 3	Self Esteem Moving into Stillness
Nov. 2-6 ,2026	Week 4	Concentration Balance
Nov. 9-13, 2026	Week 5	Conscious Breathing Free Movement
Nov. 16-20, 2026	Week 6	Mindfulness Space Awareness
Nov. 23-27, 2026	Week 7	Self Esteem Pose Review
Nov. 30-Dec. 4, 2026	Week 8	Concentration Pose Recollection
Dec. 7-11, 2026	Week 1	Conscious Breathing Yoga Basics
Dec. 14-18, 2026	Week 2	Mindfulness Relaxation
Dec. 28-Jan. 1, 2027	Week 3	Self Esteem Moving into Stillness
Jan. 4-8, 2027	Week 4	Concentration Balance
Jan. 11-15, 2027	Week 5	Conscious Breathing Free Movement
Jan. 18-22, 2027	Week 6	Mindfulness Space Awareness
Jan. 25-29, 2027	Week 7	Self Esteem Pose Review



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Feb. 1-5, 2027	Week 8	Concentration Pose Recollection
Feb. 8-12, 2027	Week 1	Conscious Breathing Yoga Basics
Feb. 15-19, 2027	Week 2	Mindfulness Relaxation
Feb. 22-26, 2027	Week 3	Self Esteem Moving into Stillness
Mar. 1-5, 2027	Week 4	Concentration Balance
Mar. 8-12, 2027	Week 5	Conscious Breathing Free Movement
Mar. 15-19, 2027	Week 6	Mindfulness Space Awareness
Mar. 22-26, 2027	Week 7	Self Esteem Pose Review
Mar. 29-Apr. 2, 2027	Week 8	Concentration Pose Recollection
Apr. 5-9, 2027	Week 1	Conscious Breathing Yoga Basics
Apr. 12-16, 2027	Week 2	Mindfulness Relaxation
Apr. 19-23, 2027	Week 3	Self Esteem Moving into Stillness
Apr. 26-30, 2027	Week 4	Concentration Balance
May 3-7, 2027	Week 5	Conscious Breathing Free Movement
May 10-14, 2027	Week 6	Mindfulness Space Awareness



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Date	Yoga Program Week	Focus
May 17-21, 2027	Week 7	Self Esteem Pose Review
May 24-28, 2027	Week 8	Concentration Pose Recollection
May 31-Jun 4, 2027	Week 1	Conscious Breathing Yoga Basics
June 7-11, 2027	Week 2	Mindfulness Relaxation
June 14-18, 2027	Week 3	Self Esteem Moving into Stillness
June 21-25, 2027	Week 4	Concentration Balance
Break for the Summer		