

**Steps to Less™**  
**Yoga Program Schedule**  
**Mondays (12:00 pm – 1:00 pm)**

DATE	TIME	LOCATION
Monday - October 4, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
<b>**Monday - October 11, 2010</b>	<b>NO CLASS</b>	<b>Make-up class on January 3<sup>rd</sup>, 2011</b>
Wednesday - October 13, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - October 18, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - October 25, 2010	12:00 pm – 1:00 pm	Room 9-10, 9th Floor at 2 Queen Street East
Monday - November 1, 2010	12:00 pm – 1:00 pm	Room 9-10, 9th Floor at 2 Queen Street East
<b>**Monday - November 8, 2010</b>	<b>NO CLASS</b>	<b>Make-up class on January 10<sup>th</sup> 2011</b>
Wednesday - November 10, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - November 15, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - November 22, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - November 29, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - December 6, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - December 13, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - December 20, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - January 3, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing
Monday - January 10, 2010	12:00 pm – 1:00 pm	Room 6-057, 6th Floor Cardinal Carter Wing

**Please Note:** Room Location might be changed due to a request for a special event.  
 We will notify you ASAP if the room location has been changed. Thank you.