

Steps to Less™
Yoga Program Schedule
Thursdays (4:30 pm – 5:30 pm)

DATE	TIME	LOCATION
Thursday - October 7, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - October 14, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - October 21, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - October 28, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - November 4, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - November 11, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - November 18, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - November 25, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - December 2, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - December 9, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - December 16, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th Floor Cardinal Carter Wing
Thursday - December 23, 2010	4:30 pm – 5:30 pm	Room 6 - 002, 6 th 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.