

Hello! With the weather changing a little bit this past weekend, its time to look at the upcoming fall season. Attached are the September and October schedules. Please note that from August 30th through Sept. 6th I am taking a little time off, so there are no classes scheduled during this time. Classes will resume on Monday, Sept. 8.

At this time I do NOT plan to add back in the restorative classes. With my schedule and grandchildren's activities, I'm finding that evenings (especially Thursdays) are getting to where I prefer to be at those activities.

Thank you for supporting my business while helping yourself feel better!

Be Well!

Sharon K. Schmitz

Heart and Soul Yoga with Sharon

1003 Suite B Broadway, Highland, IL 62249

BOOK YOUR CLASS TODAY!

<https://www.momoyoga.com/heart-and-soul-yoga-with-sharon/register>

Subscribe to my YouTube Channel to find videos to use at a time that is convenient for you. If you use the video for in-home practice and wish to pay, you may do so through Venmo or sending a check to the studio. Pay what you desire or are able to!

<https://www.youtube.com/channel/UCNTjFigd3vZQtfUul-Yv6Mg/>

*For more details about classes, check out my website: <https://yogawithsharon.weebly.com/>
OR my Facebook page: <https://www.facebook.com/yogawithsharonschmitz/>*

For Kids Yoga - use ComPOSEure Kids Facebook Page

- <https://www.facebook.com/search/top?q=composeure%20yoga%20%26%20more%20llc%20-%20with%20jessica>