

**Happy Dog Yoga**  
 Port Huron & St. Clair Studio  
**September Schedule and Calendar of Events**

| Monday    | Class  | Instructor          | Studio Location |
|-----------|--|---------------------|-----------------|
| 9:00 am   | SC Slow Flow   | Cecilia Warchol     | St. Clair       |
| 4:30 pm   | PH Beginner Yoga ***75 Minute Class***                       | Rhonda Jones        | Port Huron      |
| 5:15 pm   | SC Vinyasa Flow ***75 Minute Class***                        | Cecilia Warchol     | St. Clair       |
| 6:00 pm   | PH Vinyasa Flow  | Emilee Hartwig      | Port Huron      |
| 6:45 pm   | SC Beginner Yoga   | Kathleen McLain     | St. Clair       |
| 8:00 pm   | SC Vin/Yin   | Christina Rzakowski | St. Clair       |
| 8:30 pm   | PH Gentle Yoga   | Katey Morey         | Port Huron      |
| Tuesday   | Class  | Instructor          | Studio Location |
| 7:30 am   | SC Vinyasa Flow  | Paul Barr           | St. Clair       |
| 9:00 am   | SC Mixed Levels  | Paul Barr           | St. Clair       |
| 9:00 am   | PH Young at Heart  | Alice Erickson      | Port Huron      |
| 10:15am   | PH Beginner Yoga   | Alice Erickson      | Port Huron      |
| 5:30 pm   | SC Vinyasa Flow  | Emilee Hartwig      | St. Clair       |
| 4:45 pm   | PH Beginner Yoga   | Julia Gouin         | Port Huron      |
| 6:00 pm   | PH Mixed Levels  | Heather Brown       | Port Huron      |
| 6:45 pm   | SC Beginner Yoga   | Emilee Hartwig      | St. Clair       |
| 7:15 pm   | PH Yin Yoga ***75 minute class***                            | Heather Brown       | Port Huron      |
| Wednesday | Class  | Instructor          | Studio Location |
| 9:00 am   | SC Vin/Yin   | Cecilia Warchol     | St. Clair       |
| 4:45 pm   | PH Vinyasa Flow ***75 Minute Class***                        | Cecilia Warchol     | Port Huron      |
| 5:30 pm   | SC Slow Flow   | Tobi Couture        | St. Clair       |
| 6:15 pm   | PH Beginner Yoga   | Alice Erickson      | Port Huron      |
| 6:45 pm   | SC Vinyasa Flow  | Katie Morey         | St. Clair       |
| 7:30 pm   | PH Meditation Journey w/Gentle Yoga                          | Heather Brown       | Port Huron      |
| Thursday  | Class  | Instructor          | Studio Location |
| 7:30 am   | SC Vinyasa Flow  | Cecilia Warchol     | St. Clair       |
| 9:00 am   | SC Beginner Yoga   | Emilee Hartwig      | St. Clair       |
| 9:00 am   | PH Young at Heart  | Alice Erickson      | Port Huron      |
| 10:15 am  | PH Vin/Yin   | Erin McNeil         | Port Huron      |
| 4:15 pm   | SC Happy Hour Yoga ~ \$6.00 drop in fee / All levels welcome | Tobi Couture        | St. Clair       |
| 4:45 pm   | PH Vinyasa Flow ***75 Minute Class***                        | Cecilia Warchol     | Port Huron      |
| 5:30 pm   | SC Yin Yoga  | Tobi Couture        | St. Clair       |
| 6:15 pm   | PH Beginner Yoga   | Cecilia Warchol     | Port Huron      |
| 7:30 pm   | PH Yin Yoga ***75 Minute Class***                            | Heather Brown       | Port Huron      |
| Friday    | Class  | Instructor          | Studio Location |
| 9:00 am   | SC Beginner Yoga   | Paul Barr           | St. Clair       |
| 5:00 pm   | PH Happy Hour Yoga ~ \$6.00 drop in fee / All levels welcome | Marleigh Jones      | Port Huron      |
| Saturday  | Class  | Instructor          | Studio Location |
| 8:30 am   | PH Vinyasa Flow  | Cecilia Warchol     | Port Huron      |
| 8:30 am   | SC Vinyasa Flow  | Emilee Hartwig      | St. Clair       |
| 9:45 am   | PH Beginner Yoga   | Katie Morey         | Port Huron      |
| 9:45 am   | SC Beginner Yoga   | Emilee Hartwig      | St. Clair       |
| Sunday    | Class  | Instructor          | Studio Location |
| 9:00 am   | PH Slow Flow   | Marleigh Jones      | Port Huron      |
| 9:00 am   | SC Vinyasa Flow ***75 Minute Class***                        | Cecilia Warchol     | St. Clair       |
| 10:15 am  | PH Mixed Levels  | Rhonda Jones        | Port Huron      |
| 10:30 am  | SC Beginner Yoga   | Cecilia Warchol     | St. Clair       |
| 7:30 pm   | PH Beginner Yoga   | Katie Morey         | Port Huron      |

**Progressive Series**

| Monday   | Class   | Instructor      | Studio Location |
|----------|---|-----------------|-----------------|
| 7:15 pm  | PH Progressive Beginner Series Sept 11th - Oct 30th ***MUST PRE-REGISTER*** | Katie Morey     | Port Huron      |
| Thursday | Class   | Instructor      | Studio Location |
| 6:45 pm  | SC Progressive Beginner Series Sept 14th - Nov 2nd ***MUST PRE-REGISTER***  | Kathleen McLain | St. Clair       |

**Special Events & Workshops**

|   |   |                 |   |
|---|---|-----------------|---|
| Mon Sept 11th 7-8pm                             | Sunset Meditation Cruise: This meditation will address the nature of emotion while aiming to grow a steady undercurrent of peace and calm. The cruise will be aboard the 55' sailing yacht "Jakab". Dress for the elements and wear sturdy shoes. Bring what you will need to spend a full hour on the water. Rain-out day is Sept. 18th. \$30 per person and you must pre-register.  | Kathleen McLain | St. Clair/Pepper Joe's Dock                                   |
| Sun Sept 17th 7:30-8:45pm                       | Restorative Inquiry Yoga: A soulful playlist of music designed specifically for each class; there will be a theme or message that the instructor will speak on; optional journaling as you are guided into deeper thinking (inquiry) and questioning; emphasis on using props (bolsters, blankets, blocks, etc.) to find comfort in restorative poses; guided poses specific to each of the chakras. Normal class packages apply.   | Tam Weber       | St. Clair   |
| Fri Sept 22nd 6:30-8pm & Sun Sept 24th 5-6:30pm | Autumn Equinox Celebrator: Join our instructor Katie Morey for a Yoga workshop and celebration for the Fall Equinox! The transition from Summer to Fall is focused on: balance, harvesting the seeds that were planted in one's personal life during the Spring and Summer, turning within as we begin to move into the darker portion of the year. The workshop will begin with a guided journaling exercise (please bring something to write in such as a notebook), meditation, and a 1 hour guided practice that incorporates balancing postures, Vinyasa, and restorative poses. We will wrap up the celebration with cider and donuts! \$20.00 per person and pre-registration is encouraged. | Katie Morey     | Port Huron Studio - Sept 22nd<br>St. Clair Studio - Sept 24th |