CONTEMPLATIVE PRACTICE YOGA®

November 2026

Class Calendar

CONTEMPLATIVE CENTER OF SACRAMENTO

Yoga Class · 90 minutes

Saturday Bliss · 2 hours · $45

Yoga Therapy Class · Thursdays · 9 AM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **3:00 PM** Yoga · Book →	2	3	4 **6:30 PM** Yoga · Book →	5 **9:00 AM** Yoga Therapy Class Book →	6 **9:00 AM** Yoga · Book →	7
8 **3:00 PM** Yoga · Book →	9	10	11 **6:30 PM** Yoga · Book →	12 **9:00 AM** Yoga Therapy Class Book →	13 **9:00 AM** Yoga · Book →	14 **3:00 PM** Bliss · Book →
15 **3:00 PM** Yoga · Book →	16	17	18 **6:30 PM** Yoga · Book →	19 **9:00 AM** Yoga Therapy Class Book →	20 **9:00 AM** Yoga · Book →	21 **10:00 AM** Bliss · Book →
22 **3:00 PM** Yoga · Book →	23	24	25 **6:30 PM** Yoga · Book →	26 **Thanksgiving**	27 **9:00 AM** Yoga · Book →	28 **Small Business Saturday** Packages →
29 **3:00 PM** Yoga · Book →	30					

Regular weekly schedule; availability and holiday changes are confirmed on OfferingTree.
Saturday Bliss dates shown are confirmed dates from the website calendar.

Monthly Contemplation

“May today there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received, and pass on the love that has been given to you”

— St. Therese of Liseux