

YOGA

Shakti Yoga Center AND "Shakti at Historic Richmond Town"- MAY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
(1). Free INTRO / COMMUNITY Gentle Class: Last Thursday of every month @ 7:45pm. Arrive 7:30 - no pre-registration necessary. (2). FREE meditation sitting					8:00A Meditation(2) Boris	
					8:45A Basic Boris	8:45A Basic DevaDas
(3). Historic Richmond Town Location, 441 Clarke Ave., Fl. 2 - Tues - 6:15P is Basic & 8:00P is Gentle; - Thur - 6:15P is Gentle & 8:00P is Basic						10:30A Basic Boris
(4).Mother's Day Yogassage Event - See flyer at Studio on or Website for more info.					5:45P Gentle Boris	
* Please call yoga phone for last minute calendar updates						
3	4	5	6	7	8	9
8:00A Meditation(2) Boris	8:00A Meditation(2) Boris		8:00A Meditation(2) Boris		8:00A Meditation(2) Boris	
8:45A Basic DevaDas	8:45A Basic Boris		8:45A Basic Boris		8:45A Basic Boris	8:45A Basic DevaDas
	10:30A Gentle Elena	10:30A Gentle Elena		10:30A Gentle Boris		10:30A Basic Boris
Due to 5 Boro Bike Tour			4:00P Gentle Marietta			3:00P Mom Day Yogassage(4) Pam
One Class Only	5:45P Basic(2) Marietta	5:45P Gentle Genevieve	5:45P Basic Marietta	5:45P Basic Patty	5:45P Gentle Boris	
		6:15P HRT(4) Karen N.		6:15P HRT(4) Karen C		
	7:45P Gentle Nancy	7:45P Basic Patty	7:45P Basic Patty	7:45P Gentle Claire		
		8:00P HRT(4) Karen N.		8:00P HRT(4) Joan		
10	11	12	13	14	15	16
8:00A Meditation(2) Boris	8:00A Meditation(2) Boris		8:00A Meditation(2) Boris		8:00A Meditation(2) Boris	
8:45A Basic DevaDas	8:45A Basic Boris		8:45A Basic Boris		8:45A Basic Boris	8:45A Basic DevaDas
	10:30A Gentle Elena	10:30A Gentle Elena		10:30A Gentle Boris		10:30A Basic Boris
Happy Mother's Day			4:00P Gentle Marietta			
Onc Class Only	5:45P Basic Marietta	5:45P Gentle Genevieve	5:45P Basic Marietta	5:45P Basic Patty	5:45P Gentle Boris	
		6:15P HRT(4) Karen N.		6:15P HRT(4) Joan(s)		
	7:45P Gentle Nancy	7:45P Basic Marietta	7:45P Basic Suzi Z.	7:45P Gentle Claire		
		8:00P HRT(4) Karen N.		8:00P HRT(4) Joan		
17	18	19	20	21	22	23
8:00A Meditation(2) Boris	8:00A Meditation(2) Boris		8:00A Meditation(2) Boris		8:00A Meditation(2) Boris	
8:45A Basic DevaDas	8:45A Basic Boris		8:45A Basic Boris		8:45A Basic Boris	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Elena	10:30A Gentle Elena		10:30A Gentle Boris		10:30A Basic Boris
12:30P Basic Pam			4:00P Gentle Marietta			
	5:45P Basic Marietta	5:45P Gentle Genevieve	5:45P Basic Marietta	5:45P Basic Patty	5:45P Gentle Boris	
		6:15P HRT(4) Karen N.		6:15P HRT(4) Karen C		
	7:45P Gentle Nancy	7:45P Basic Marietta	7:45P Basic Suzi Z.	7:45P Gentle Claire		
		8:00P HRT(4) Karen N.		8:00P HRT(4) Joan		
24/31	25	26	27	28	29	30
8:00A Meditation(2) Boris	8:00A Meditation(2) Boris		8:00A Meditation(2) Boris		8:00A Meditation(2) Boris	
8:45A Basic DevaDas	8:45A Basic Boris		8:45A Basic Boris		8:45A Basic Boris	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Boris(s)	10:30A Gentle Elena		10:30A Gentle Boris		10:30A Basic Boris
12:30P Basic Pam			4:00P Gentle Marietta			
	HAPPY MEMORIAL DAY	5:45P Gentle Genevieve	5:45P Basic Marietta	5:45P Basic Patty	5:45P Gentle Boris	
		6:15P HRT(4) Karen N.		6:15P HRT(4) Karen C		
	EVENING CLASSES CXL'D	7:45P Basic Marietta	7:45P Basic Suzi Z.	7:45P Gentle(1) Claire		