

YOGA

Shakti Yoga Center AND "Shakti at Historic Richmond Town"- FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta 6:30P Basic Suzi	10:30A Gentle Elena 5:45P Basic Patty 6:15P HRT(3) Karen C 7:50P HRT(3) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
5	6	7	8	9	10	11
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) Boris 8:45A Basic Boris 10:30A Gentle Leila	10:30A Gentle Boris 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 7:45P Gentle Nancy 7:50P HRT(3) Karen N.	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta 6:30P Basic Suzi	10:30A Gentle Elena 5:45P Basic Patty 6:15P HRT(3) Karen C 7:50P HRT(3) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
12	13	14	15	16	17	18
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic DevaDas(s)	8:00A Meditation(2) Boris 8:45A Basic Boris 10:30A Gentle Leila	10:30A Gentle Boris 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 7:45P Gentle Nancy 7:50P HRT(3) Karen N.	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta 6:30P Basic DevaDas(s)	10:30A Gentle Elena 5:45P Basic Patty 6:15P HRT(3) Karen C 7:50P HRT(3) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris 12:30P(4) FREE Urby Yoga w/ Boris 4:00P(5) Yoga Happy Hour @ Flagship w/ Pam
19	20	21	22	23	24	25
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) Boris 8:45A Basic Boris 10:30A Gentle Leila	10:30A Gentle Boris 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 7:45P Gentle Nancy 7:50P HRT(3) Karen N.	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta 6:30P Basic Suzi	10:30A Gentle DevaDas(s) 5:45P Basic Patty 6:15P HRT(3) Karen C 7:50P HRT(3) DevaDas(s)	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
26	27	28				
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) Boris 8:45A Basic Boris 10:30A Gentle Boris(s)	10:30A Gentle Boris 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 7:45P Gentle(1) Nancy 7:50P HRT(3) Karen N.	(S) = Substitute Teacher (1). FREE INTRO class: LAST MONDAY of every month at 7:45pm - - no preregistration required (2). FREE meditation sitting (3). Historic Richmond Town (HRT) Location, 441 Clarke Avenue @ Visitors Center / Courthouse - Floor 2 - Tues - 6:15P is Basic & 7:50P is Gentle and Thursday: 6:15P is Gentle & 7:50P is Basic (4). FREE Yoga Class @ Urby Gym - 7 Navy Pier Court - Enter through Urby Café - guides will direct you to gym - 60 minute mixed level class (5). Enjoy yoga in the inner sanctum of Flagship - the Distillery where the beer is made -\$10 drop in / 60 minute class - then float up to the bar & enjoy some brew			