

YOGA

Shakti Yoga Center AND "Shakti at Historic Richmond Town"- UPDATED JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
(\$)= 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 Museum (HRT), 441 Clarke Avenue in the Historic Courthouse Bldg / 2nd Floor (aka Main Visitor Bldg) - Tues - 6:15P is Basic & 7:50P is Gentle and Thursday: 6:15P is Gentle & 7:50P is Basic (4). FREE Yoga Class on Urby Esplanade - 7 Navy Pier Court - 60 minute mixed level class (5). Contemplative Yoga Workshop w/ CBD Oil - See Flyer @ Studio or Website for further details.				10:30A Gentle Leila	8:00A Meditation(2) Boris 8:45A Basic Boris	8:45A Basic Boris(s) 10:30A Basic Boris
				5:45P Basic Genevieve(s) 6:15P HRT(3) Karen C 7:50P HRT(3) Nancy	5:45P Gentle Boris	
4	5	6	7	8	9	10
8:45A Basic Alexandra(s) 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) Boris 8:45A Basic Boris 10:30A Gentle Boris	10:30A Gentle Boris	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle DevaDas(s)	10:30A Gentle Leila 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 Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
	7:45P Gentle Nancy	5:45P Gentle Genevieve 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	6:30P Basic DevaDas			
11	12	13	14	15	16	17
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	10:30A Gentle Boris	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta	10:30A Gentle DevaDas(s) 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 Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
	7:45P Gentle Nancy	5:45P Gentle Genevieve 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	6:30P Basic DevaDas			
18	19	20	21	22	23	24
8:45A Basic DevaDas	8:00A Meditation(2) CXL 8:45A Basic DevaDas(s)	10:30A Gentle Boris	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta	10:30A Gentle Leila	8:00A Meditation(2) Boris 8:45A Basic Boris	8:45A Basic DevaDas 9:15A(4) FREE Urby Yoga w/ Boris 10:30A Basic Boris
HAPPY FATHER'S DAY!!	10:30A Gentle DevaDas(s)		5:45P Gentle Genevieve 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	5:45P Basic DevaDas(s) 6:15P HRT(3) Karen C 7:50P HRT(3) Nancy	5:45P Gentle Boris	
ONE CLASS ONLY TODAY	7:45P Gentle Nancy		6:30P Basic DevaDas			
25	26	27	28	29	30	
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	10:30A Gentle Boris	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta	10:30A Gentle Leila 5:45P Basic Patty 6:15P HRT(3) Karen C	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
	7:45P Gentle(1) Nancy	5:45P Gentle Genevieve 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	6:30P Basic Alexandra(s)	7:30P Yoga w/ CBD Oil(5) Boris		