

YOGA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			8:00A Meditation(2) CXL 8:45A Gentle Patty(s)	10:30A Gentle DevaDas(s)	8:00A Meditation(2) CXL 8:45A Basic DevaDas(s)	8:45A Basic DevaDas 10:30A Basic DevaDas(s)
		10:30A Gentle DevaDas(s)	4:00P Gentle Karen C(s)		5:45P Gentle Alexandra(s)	
		5:45P Gentle Genevieve		5:45P Basic Patty		
		6:15P HRT(3) Karen N.		6:15P HRT(3) Karen C		
			6:30P Basic DevaDas			
		7:50P HRT(3) Karen N.		7:50P HRT(3) Nancy		
6	7	8	9	10	11	12
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Kim(s)	8:00A Meditation(2) CXL 8:45A Basic DevaDas(s) 10:30A Gentle DevaDas(s)	10:30A Gentle DevaDas(s)	8:00A Meditation(2) CXL 8:45A Gentle Patty(s) 4:00P Gentle Tara(s)	10:30A Gentle Leila	8:00A Meditation(2) CXL 8:45A Basic DevaDas(s)	8:45A Basic DevaDas 10:30A Basic DevaDas(s)
		5:45P Gentle Genevieve		5:45P Basic Patty	5:45P Gentle Carla(s)	
		6:15P HRT(3) Karen N.		6:15P HRT(3) Karen C		
	7:45P Gentle Nancy		6:30P Basic DevaDas			
		7:50P HRT(3) Karen N.		7:50P HRT(3) Nancy		
13	14	15	16	17	18	19
	8:00A Meditation(2) Boris		8:00A Meditation(2) Boris		8:00A Meditation(2) Boris	
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:45A Basic Boris 10:30A Gentle Boris	10:30A Gentle Boris	8:45A Gentle Boris 4:00P Gentle Marietta	10:30A Gentle Leila	8:45A Basic Boris	8:45A Basic DevaDas 9:15A(4) FREE Urby Yoga w/ Boris 10:30A Basic Boris
		5:45P Gentle Alexandra(s)		5:45P Basic Patty	5:45P Gentle Boris	
		6:15P HRT(3) Karen N.		6:15P HRT(3) DevaDas(s)		
	7:45P Gentle Nancy		6:30P Basic DevaDas			
		7:50P HRT(3) Karen N.		7:50P HRT(3) Nancy		
20	21	22	23	24	25	26
	8:00A Meditation(2) Boris		8:00A Meditation(2) CXL		8:00A Meditation(2) CXL	
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Kim(s)	8:45A Basic Boris 10:30A Gentle Boris	10:30A Gentle Boris	8:45A Gentle DevaDas(s)	10:30A Gentle Leila	8:45A Basic Tara(s)	8:45A Basic DevaDas 10:30A Basic DevaDas(s)
		5:45P Gentle Genevieve		5:45P Basic Patty	5:45P Gentle DevaDas(s)	
		6:15P HRT(3) Karen N.		6:15P HRT(3) DevaDas(s)		
	7:45P Gentle Nancy		6:30P Basic DevaDas			
		7:50P HRT(3) Karen N.		7:50P HRT(3) Nancy		
27	28	29	30	31		
	8:00A Meditation(2) CXL		8:00A Meditation(2) CXL		(S) = Substitute Teacher	
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Kim(s)	8:45A Basic Kim(s) 10:30A Gentle Kim(s)	10:30A Gentle Patty(s)	8:45A Gentle Patty(s)	10:30A Gentle Leila	(1). FREE INTRO class: LAST MONDAY of every month at 7:45pm - just show up	
		5:45P Gentle Genevieve	4:00P Gentle Marietta		(2). FREE meditation sitting	
		6:15P HRT(3) Karen N.		5:45P Basic Patty	(3). Historic Richmond Town Museum (HRT), 441 Clarke Avenue in the Historic Courthouse Bldg / 2nd Floor (aka Main Visitor Bldg)	
			6:30P Basic Kim(s)	6:15P HRT(3) Karen C	- Tues - 6:15P Basic & 7:50P Gentle & Thursday: 6:15P Gentle & 7:50P Basic	
	7:45P Gentle(1) Alexandra(s)	7:50P HRT(3) Karen N.		7:50P HRT(3) Kim(s)	(4). FREE Yoga Class on Urby Esplanade - 7 Navy Pier Court - 60 minutes	