

# YOGA

## Shakti Yoga Center AND "Shakti at Historic Richmond Town"- SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
(S) = Substitute Teacher (1). FREE 2 hour meditation class offer by Sri Chinmoy Organization - 2:30 to 4:30pm - arrive by 2:15pm (2). FREE meditation sitting (3). HRT = Historic Richmond Town Museum, 441 Clarke Avenue Classes held in Visitors Center / Courthouse Bldg - Floor 2 Tues - 6:15P is Basic & 7:50P is Gentle & Thurs - 6:15P is Gentle & 7:50P is Basic (4). FREE OUTDOOR Yoga Class @ Urby Esplanade- 7 Navy Pier Court Bring mat, towel, water & sunscreen!					8:00A Meditation(2) CXL 8:45A Basic <b>Deb Schwartz(s)</b>	8:45A Basic Devadas 10:30A Basic <b>DevaDas(s)</b>
					5:45P Gentle <b>Deb Schwartz(s)</b>	
3	4	5	6	7	8	9
8:45A Basic Devadas 10:30A Gentle <b>DevaDas(s)</b> 12:30P Basic <b>Kim(s)</b>	8:00A Meditation(2) CXL 8:45A Basic <b>Kim(s)</b> 10:30A Gentle <b>Kim(s)</b>	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 <b>6:15P HRT(6) Kim(s)</b> <b>7:50P HRT(6) Nancy</b>	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Gentle Boris	8:45A Basic Devadas 10:30A Basic Boris
HAPPY LABOR DAY		5:45P Gentle Genevieve				
EVENING CLASS CANCELED		<b>6:15P HRT(3) Karen N.</b>	6:30P Basic Devadas			
		<b>7:50P HRT(3) Karen N.</b>				
10	11	12	13	14	15	16
8:45A Basic Devadas 10:30A Gentle Nancy 12:30P Basic <b>Kim(s)</b>	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 <b>6:15P HRT(6) Karen C</b> <b>7:50P HRT(6) Nancy</b>	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Gentle Boris	8:45A Basic Devadas 9:15A <b>Urby Free Outdoor Class(4)</b> Boris 10:30A Basic Boris
		5:45P Gentle Genevieve				
		<b>6:15P HRT(3) Karen N.</b>	6:30P Basic Devadas			
		<b>7:50P HRT(3) Karen N.</b>				
17	18	19	20	21	22	23
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 <b>6:15P HRT(6) Karen C</b> <b>7:50P HRT(6) Nancy</b>	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Gentle Boris	8:45A Basic Devadas 10:30A Basic Boris
		5:45P Gentle Genevieve				
		<b>6:15P HRT(3) Karen N.</b>	6:30P Basic Devadas			
		<b>7:50P HRT(3) Karen N.</b>				
24	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 <b>6:15P HRT(6) Karen C</b> <b>7:50P HRT(6) Nancy</b>	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Gentle Boris	8:45A Basic Devadas 10:30A Basic Boris 2:30p <b>FREE Med Class (1)</b> Sri Chinmoy
		5:45P Gentle Genevieve				
		<b>6:15P HRT(3) Karen N.</b>	6:30P Basic Devadas			
		<b>7:50P HRT(3) Karen N.</b>				