

YOGA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	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 Gentle Boris	10:30A Gentle Leila	8:45A Basic Boris	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Boris	10:30A Gentle Boris				9:15A(4) FREE Urby Yoga w/ Boris
12:30P Basic Pam			4:00P Gentle Marietta			10:30A Basic Boris
		5:45P Gentle Genevieve		5:45P Basic Patty	5:45P Gentle Boris	
		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		
8	9	10	11	12	13	14
	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 Gentle Boris	10:30A Gentle Deb(s)	8:45A Basic Boris	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Boris	10:30A Gentle Deb(s)				10:30A Basic Boris
12:30P Basic Pam			4:00P Gentle Marietta			
		5:45P Gentle Genevieve		5:45P Basic Patty	5:45P Gentle Boris	
		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		
15	16	17	18	19	20	21
	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 Gentle Boris	10:30A Gentle Leila	8:45A Basic Boris	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Boris	10:30A Gentle Boris				10:30A Basic Boris
12:30P Basic Pam			4:00P Gentle Marietta			
		5:45P Gentle Genevieve		5:45P Basic Patty	5:45P Gentle Boris	
		6:15P HRT(3) Karen N.		6:15P HRT(3) Karen C		
	7:45P Gentle Nancy		6:30P Basic Kim			
		7:50P HRT(3) Karen N.		7:50P HRT(3) Nancy		
22	23	24	25	26	27	28
	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 Gentle Boris	10:30A Gentle Leila	8:45A Basic Boris	8:45A Basic DevaDas
10:30A Gentle DevaDas(s)	10:30A Gentle Boris	10:30A Gentle Boris				10:30A Basic Boris
12:30P Basic Pam			4:00P Gentle Marietta			
		5:45P Gentle Genevieve		5:45P Basic Patty	5:45P Gentle Alexandra(s)	
2:30P Meditation Course(5) Pam		6:15P HRT(3) Karen N.		6:15P HRT(3) Karen C		
	7:45P Gentle Nancy		6:30P Basic Kim			
		7:50P HRT(3) Karen N.		7:50P HRT(3) Nancy		
29	30	31				
	8:00A Meditation(2) Boris					
8:45A Basic DevaDas	8:45A Basic Boris					
10:30A Gentle Nancy	10:30A Gentle Boris	10:30A Gentle Boris				
12:30P Basic Pam						
		5:45P Gentle Genevieve				
2:30P Meditation Course(5) Pam		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 - just show up
 (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 Basic & 7:50P Gentle & Thursday: 6:15P Gentle & 7:50P Basic
 (4). FREE Yoga Class on Urby Esplanade - 7 Navy Pier Court - 60 minutes
 (5). Meditation Course - See Flyer @ Shakti or on Website for details