

YOGA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
(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 at Urby (GYM) - 7 Navy Pier Court - 60 minutes (5). Meditation Course (course in progress - no new registrations accepted) (6). Fun yoga drop-in class in Flagship BRewery -\$10 cash pp / 60 min. mixed level class - see flyer @ Shakti or on website			8:00A Meditation(2) Boris 8:45A Gentle Boris	10:30A Gentle Leila 5:45P Basic Patty 6:15P HRT(6) Karen C 7:50P HRT(6) Nancy	8:00A Meditation(2) Boris 8:45A Basic 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 Boris	10:30A Gentle Boris	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Gentle Marietta 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 6:30P Basic Kim 7:50P HRT(3) Karen N.	5:45P Basic Patty 6:15P HRT(6) Karen C 7:50P HRT(6) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic Devadas 9:15A FREE Urby Class(4) Boris 10:30A Basic Boris
2:30P Meditation Course(5) Pam	7:45P Gentle Nancy					
12	13	14	15	16	17	18
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 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 6:30P Basic Kim 7:50P HRT(3) Karen N.	5:45P Basic Patty 6:15P HRT(6) Tara(s) 7:50P HRT(6) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic Devadas 10:30A Basic Boris
2:30P Meditation Course(5) Pam	7:45P Gentle Nancy					
19	20	21	22	23	24	25
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 Boris	10:30A Gentle Deb(s)	8:00A Meditation(2) CXL'D 8:45A Gentle Deb(s) 4:00P Gentle Marietta 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 6:30P Basic Kim 7:50P HRT(3) Karen N.	HAPPY THANKSGIVING! ALL CLASSES CANCELED TODAY	8:00A Meditation(2) Boris 8:45A Basic Boris 4:00P Yoga & Brew @ Flagship(6) Pam 5:45P Candlelight Gentle Boris	8:45A Basic Devadas 10:30A Basic Boris
26	27	28	29	30		
8:45A Basic Devadas 10:30A Gentle Devadas(s) 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 5:45P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 6:30P Basic Kim 7:50P HRT(3) Karen N.	10:30A Gentle Leila 5:45P Basic Patty 6:15P HRT(6) Karen C 7:50P HRT(6) Nancy		
	7:45P Gentle(1) Nancy					