

# YOGA

## Shakti Yoga Center AND "Shakti at Historic Richmond Town"- JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>HAPPY NEW YEAR!!!</b>		8:00A Free Meditation Boris 8:45A Basic Boris		8:00A Free Meditation Boris 8:45A Basic Boris	8:45A Basic DevaDas 10:30A Basic Boris
	<b>NO CLASSES TODAY</b>	10:30A Gentle Boris		10:30A Gentle Leila		
			4:00P Chair Yoga(2) Irene			
		6:00P Candlelight Gentle Genevieve		6:00P Basic Patty	5:45P Candlelight Gentle Boris	<b>5:00P Flagship Brewery(3) Pam</b>
		<b>6:15P HRT(6) Karen N.</b>	6:30P Basic Kim	<b>6:15P HRT(6) Karen C</b>		
		<b>8:00P HRT(6) Karen N.</b>		<b>7:50P HRT(6) Nancy</b>		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Free Meditation CXL'D 8:45A Basic DevaDas(s) 10:30A Gentle DevaDas(s)	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris	8:00A Free Meditation Boris 8:45A Basic Boris	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Leila	8:00A Free Meditation Boris 8:45A Basic Boris	8:45A Basic DevaDas 10:30A Basic Boris
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		<b>6:15P HRT(6) Karen N.</b>	6:30P Basic Kim	<b>6:15P HRT(6) Karen C</b>		
	7:45P Gentle Nancy	<b>7:50 HRT(6) Karen N.</b>		<b>7:50 HRT(6) Nancy</b>		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris	8:00A Free Meditation Boris 8:45A Basic Boris	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Leila	8:00A Free Meditation Boris 8:45A Basic Boris	8:45A Basic DevaDas <b>9:15A FREE Urby Class(4) Pam</b> 10:30A Basic Boris
			4:00P Chair Yoga(2) Irene			
		6:00P Candlelight Gentle Genevieve		6:00P Basic Patty	5:45P Candlelight Gentle Boris	
		<b>6:15P HRT(6) Karen N.</b>	6:30P Basic Kim	<b>6:15P HRT(6) Karen C</b>		<b>7:00P Boris B'day Kirtan(5) Boris</b>
	<b>7:45pm CLASS CANCELED TODAY</b>	<b>7:50 HRT(6) Karen N.</b>		<b>7:50 HRT(6) Nancy</b>		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris	8:00A Free Meditation Boris 8:45A Basic Boris	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Leila	8:00A Free Meditation Boris 8:45A Basic Boris	8:45A Basic DevaDas 10:30A Basic Boris
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		<b>6:15P HRT(6) Karen N.</b>	6:30P Basic Kim	<b>6:15P HRT(6) Karen C</b>		
	7:45P Gentle Nancy	<b>7:50 HRT(6) Karen N.</b>		<b>7:50 HRT(6) Nancy</b>		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris	8:00A Free Meditation Boris 8:45A Basic Boris	(1). Free Gentle class for any one new (beginners) to Shakti : Last MONDAY of every month @ 7:45pm - No pre-registration required. (2). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. \$17 per class / discounted class cards available. (3). Pop-up 1 hr mixed level yoga class @Flagship Brewery (40 Minthorne St.) \$10 cash pp-see flyer @ studio or website-bring yoga mat! (4). FREE Pop-Up Yoga Class at Urby (GYM) - 7 Navy Pier Court - 60 minutes (5). Boris Birthday Celebration Kirtan - - See flyer at studio or website - \$30 pre-registration by Jan. 15th; \$40 thereafter. (6). Delve into "The Mind Brain Matrix" with local author Kerry Gillespie, Sunday, Jan. 28th, 2:30-5:30pm. Learn to "create happiness" - 3 hour workshop includes signed copy of Kerry's book! See flyer @studio or website; pre-register by Jan 21 for \$40; \$50 thereafter.		
			4:00P Chair Yoga(2) Irene	Historic Richmond Town Museum Location, 441 Clarke Ave., Courthouse Bldg - Fl. 2 - Tues - 6:15P is Basic & 7:50P is Gentle    - Thur - 6:15P is Gentle & 7:50P is Basic		
		6:00P Candlelight Gentle Genevieve				
		<b>6:15P HRT(6) Karen N.</b>				
	7:45P Gentle/Free Intro (1) Nancy	<b>7:50P HRT(6) Karen N.</b>				