

YOGA

Shakti Yoga Center AND "Shakti at Historic Richmond Town"- FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
			8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Chair Yoga(3) Irene 6:30P Basic Kim	10:30A Gentle Leila 6:00P Basic Patty 6:15P HRT(3) Karen C 7:50P HRT(3) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
4	5	6	7	8	9	10
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 7:45P Gentle Nancy	10:30A Gentle Boris 6:00P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Chair Yoga(3) Irene 6:30P Basic Kim	10:30A Gentle Karen N(s) 6:00P Basic Kim(s) 6:15P HRT(3) Karen C 7:50P HRT(3) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
11	12	13	14	15	16	17
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 7:45P Gentle Nancy	10:30A Gentle Boris 6:00P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Chair Yoga(3) CXLD 6:30P Basic Kim	10:30A Gentle Leila 6:00P Basic Patty 6:15P HRT(3) Joanie(s) 7:50P HRT(3) Nancy	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 9:15A FREE (4) Urby Yoga w/ Pam 10:30A Basic Boris
18	19	20	21	22	23	24
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 7:45P Gentle CXLD	10:30A Gentle Boris 6:00P Candlelight Gentle Joanie(s) 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Chair Yoga(3) Irene 6:30P Basic Kim	10:30A Gentle Leila 6:00P Basic Patty 6:15P HRT(3) Tara(s) 7:50P HRT(3) Tara(s)	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
25	26	27	28			
8:45A Basic Leila(s) 10:30A Gentle Leila(s) 12:30P Basic Pam	8:00A Meditation(2) Boris 8:45A Basic Boris 10:30A Gentle Boris 7:45P Gentle(1) Nancy	10:30A Gentle Boris 6:00P Candlelight Gentle Genevieve 6:15P HRT(3) Karen N. 7:50P HRT(3) Karen N.	(1). Free Gentle class for any one new (beginners) to Shakti : Last MONDAY of every month @ 7:45pm - No pre-registration required. (2). FREE Meditation Sitting (prior to 8:45am class) (3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. \$17 per class / discounted class cards available. (4). FREE Pop-Up Yoga Class at Urby (GYM) - 7 Navy Pier Court - 60 minutes 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			