

# 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	10:30A Gentle Leila	8:00A Meditation(2) Boris 8:45A Basic Boris	8:45A Basic DevaDas 10:30A Basic Boris
			4:00P Chair Yoga(3) Irene	6:00P Basic Patty <b>6:15P HRT(3) Karen C</b>	5:45P Candlelight Gentle Boris	
			6:30P Basic Kim	<b>7:50P HRT(3) Nancy</b>		
4	5	6	7	8	9	10
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic <b>DevaDas(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 Chair Yoga(3) Irene	10:30A Gentle <b>Karen N(s)</b> 6:00P Basic <b>Kim(s)</b> <b>6:15P HRT(3) Karen C</b>	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
	7:45P Gentle Nancy	6:00P Candlelight Gentle Genevieve <b>6:15P HRT(3) Karen N.</b> <b>7:50P HRT(3) Karen N.</b>	6:30P Basic Kim	<b>7:50P HRT(3) Nancy</b>		
11	12	13	14	15	16	17
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic <b>DevaDas(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 Chair Yoga(3) <b>CXLD</b>	10:30A Gentle Leila 6:00P Basic Patty <b>6:15P HRT(3) Staff</b>	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
	7:45P Gentle Nancy	6:00P Candlelight Gentle Genevieve <b>6:15P HRT(3) Karen N.</b> <b>7:50P HRT(3) Karen N.</b>	6:30P Basic Kim	<b>7:50P HRT(3) Nancy</b>		
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	10:30A Gentle Boris	8:00A Meditation(2) Boris 8:45A Gentle Boris 4:00P Chair Yoga(3) Irene	10:30A Gentle Leila 6:00P Basic Patty <b>6:15P HRT(3) Tara(s)</b>	8:00A Meditation(2) Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
	7:45P Gentle <b>CXLD</b>	6:00P Candlelight Gentle <b>Alexandra(s)</b> <b>6:15P HRT(3) Karen N.</b> <b>7:50P HRT(3) Karen N.</b>	6:30P Basic Kim	<b>7:50P HRT(3) Tara(s)</b>		
25	26	27	28			
8:45A Basic <b>Leila(s)</b> 10:30A Gentle <b>Leila(s)</b> 12:30P Basic Pam	8:00A Meditation(2) Boris 8:45A Basic Boris 10:30A Gentle Boris	10:30A Gentle Boris	(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			
	7:45P Gentle(1) Nancy	6:00P Candlelight Gentle Genevieve <b>6:15P HRT(3) Karen N.</b> <b>7:50P HRT(3) Karen N.</b>	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			