

YOGA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(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. (3). FREE Pop-Up Yoga Class at Urby (GYM) - 7 Navy Pier Court - 60 minutes (4) 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				1	2	3
				8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Joan(s) 6:00P Basic Patty 6:15P HRT(4) Karen C 7:50P HRT(4) Nancy	8:00A Free Meditation Boris 8:45A Basic Boris 10:30A Basic 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 Pam	8:00A Free Meditation 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(4) Karen N. 7:50 HRT(4) Karen N.	8:00A Free Meditation Boris 8:45A Basic Boris 4:00P Chair Yoga(2) Irene 6:30P Basic Kim	10:30A Gentle Leila 6:00P Basic Patty 6:15P HRT(4) Karen C 7:50 HRT(4) Nancy	8:00A Free Meditation 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 Pam	8:00A Free Meditation 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(4) Karen N. 7:50 HRT(4) Karen N.	8:00A Free Meditation Boris 8:45A Basic Boris 4:00P Chair Yoga(2) Irene 6:30P Basic Kim	10:30A Gentle Leila 6:00P Basic Patty 6:15P HRT(4) Tara(s) 7:50 HRT(4) Nancy	8:00A Free Meditation Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 9:15A FREE Urby Class(3) 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 Free Meditation Boris 8:45A Basic Boris 10:30A Gentle Boris 7:45P Gentle Nancy	10:30A Gentle Boris 6:00P Candlelight Gentle Alexandra(s) 6:15P HRT(4) Genevieve(s) 7:50 HRT(4) Suzi(s)	8:00A Free Meditation Boris 8:45A Basic Boris 4:00P Chair Yoga(2) Irene 6:30P Basic Kim	10:30A Gentle Leila 6:00P Basic Patty 6:15P HRT(4) Karen C 7:50 HRT(4) Nancy	8:00A Free Meditation Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris
25	26	27	28	29	30	31
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 7:45P Gentle/Free Intro (1) Nancy	10:30A Gentle Boris 6:00P Candlelight Gentle Genevieve 6:15P HRT(4) Karen N. 7:50P HRT(4) Karen N.	8:00A Free Meditation Boris 8:45A Basic Boris 4:00P Chair Yoga(2) Irene 6:30P Basic Kim	10:30A Gentle Leila 6:00P Basic Alexandra(s) 6:15P HRT(4) Karen C 7:50 HRT(4) Nancy	8:00A Free Meditation Boris 8:45A Basic Boris 5:45P Candlelight Gentle Boris	8:45A Basic DevaDas 10:30A Basic Boris