

YOGA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8:00A Free Meditation Theo 8:45A Gentle Theo			8:00A Free Meditation Theo 8:45A Basic Theo
		10:30A Gentle Theo		10:30A Gentle Leila		8:45A Basic DevaDas 10:30A Basic Boris 12:30P Yuummy Yin Yoga (5) Tara
		4:00P Chair Yoga(2) Tara				
		6:00P Gentle Genevieve		6:00P Basic Patty	5:45P Gentle Tara	
		6:15P HRT(4) Karen N.	6:30P Basic Kim	6:15P HRT(4) Karen C		
		7:50 HRT(4) Karen N.		7:50P HRT(4) Nancy		
6	7	8	9	10	11	12
CLASSES CANCELED	8:00A Free Meditation Theo 8:45A Basic Theo 10:30A Gentle Theo		8:00A Free Meditation Theo 8:45A Gentle Theo		8:00A Free Meditation Theo 8:45A Basic Theo	8:45A Basic DevaDas 9:15A FREE Urby Class(3) Pam 10:30A Basic Boris
DUE TO						
5 BORO BIKE TOUR		4:00P Chair Yoga(2) Tara 6:00P Gentle Genevieve 6:15P HRT(4) Karen N.	6:30P Basic Kim	6:00P Basic Patty 6:15P HRT(4) Karen C	5:45P Gentle Tara	
ROAD CLOSURES	7:45P Gentle Nancy	7:50 HRT(4) Karen N.		7:50 HRT(4) Nancy		
13	14	15	16	17	18	19
8:45A Basic DevaDas	8:00A Free Meditation Theo 8:45A Basic Theo 10:30A Francesca Theo		8:00A Free Meditation Theo 8:45A Gentle Theo		8:00A Free Meditation Theo 8:45A Basic Theo	8:45A Basic DevaDas 10:30A Basic Boris
HAPPY MOTHER'S DAY!						
ONE CLASS ONLY TODAY		4:00P Chair Yoga(2) Tara 6:00P Gentle Genevieve 6:15P HRT(4) Karen N.	6:30P Basic Kim	6:00P Basic Patty 6:15P HRT(4) Karen C	5:45P Gentle Tara	
	7:45P Gentle Nancy	7:50 HRT(4) Karen N.		7:50 HRT(4) Nancy		
20	21	22	23	24	25	26
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Free Meditation Theo 8:45A Basic Theo 10:30A Gentle Theo		8:00A Free Meditation Theo 8:45A Gentle Theo		8:00A Free Meditation Theo 8:45A Basic Theo	8:45A Basic Tara(s) 10:30A Basic Boris
		4:00P Chair Yoga(2) Tara 6:00P Gentle Genevieve 6:15P HRT(4) Karen N.	6:30P Basic Kim	6:00P Basic Patty 6:15P HRT(4) Karen C	5:45P Gentle Tara	
	7:45P Gentle/Free Intro (1) Nancy	7:50 HRT(4) Karen N.		7:50 HRT(4) Nancy		
27	28	29	30	31		
8:45A Basic Leila(s) 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Free Meditation Theo 8:45A Basic Theo 10:30A Gentle Theo		8:00A Free Meditation Theo 8:45A Gentle Theo			(1). Free Beginner class for anyone new to Shakti : Monday, May 21 @ 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 - ON WATERFRONT - 7 Navy Pier Court (4) Historic Richmond Town Museum , 441 Clarke Ave., Courthouse Bldg Fl. 2 - Tues - 6:15P Basic & 7:50P Gentle - Thur - 6:15P Gentle & 7:50P Basic (5). Yummy Yin Yoga Workshop w/Tara (See Flyer at Shakti or on website)
		4:00P Chair Yoga(2) Tara 6:00P Gentle Genevieve 6:15P HRT(4) Karen N.	6:30P Basic Kim	6:00P Basic Patty 6:15P HRT(4) Karen C		
	Happy Memorial Day!	7:45P CLASS CANCELED TODAY				
		7:50P HRT(4) Karen N.		7:50 HRT(4) Nancy		