YOGA

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

Sunday		•		Tuesday		Wednesday		Thursda		Friday			
					1	-	2		3		4	<u> </u>	5
					_	8:00A Free Meditation	Theo			8:00A Free Meditation	Theo		
						8:45A Gentle	Theo			8:45A Basic	Theo	8:45A Basic	DevaDas
				10:30A Gentle	Theo			10:30A Gentle	Leila	0.10,12000		10:30A Basic	Boris
												12:30P Yuummy Yin Yoga (5)	Tara
				4:00P Chair Yoga(2)	Tara							, , , , , , , , , , , , , , , , , , , ,	
				6:00P Gentle	Genevieve			6:00P Basic	Pattv	5:45P Gentle	Tara		
				6:15P HRT(4)		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
		8:00A Free Meditation	Theo			8:00A Free Meditation	Theo			8:00A Free Meditation	Theo		
CLASSES CANO	CELED	8:45A Basic	Theo			8:45A Gentle	Theo			8:45A Basic	Theo	8:45A Basic	DevaDas
		10:30A Gentle	Theo	10:30A Gentle	Theo			10:30A Gentle	Leila			9:15A FREE Urby Class(3)	Pam
DUE TO												10:30A Basic	Boris
				4:00P Chair Yoga(2)	Tara								
5 BORO BIKE	TOUR			6:00P Gentle	Genevieve			6:00P Basic	Pattv	5:45P Gentle	Tara		
				6:15P HRT(4)		6:30P Basic	Kim	6:15P HRT(4)	Karen C	21131 CC.IIII			
ROAD CLOSU	URES	7:45P Gentle	Nancy	01101 11111(1)	rtai on rti	0.001			11010110				
		7.101 Contac	rtancy	7:50 HRT(4)	Karen N.			7:50 HRT(4)	Nancy				
	13		14	7100 111(1)	15		16	7100 111(1)	17		18		19
		8:00A Free Meditation	Theo			8:00A Free Meditation	Theo		1.	8:00A Free Meditation	Theo		
8:45A Basic	DevaDas	8:45A Basic	Theo			8:45A Gentle	Theo			8:45A Basic	Theo	8:45A Basic	DevaDas
0. 10/1 Baole		10:30A Francesca		10:30A Gentle	Theo		11100	10:30A Gentle	Leila	5. 10/1 Basic	11100	10:30A Basic	Boris
HAPPY MOTHER		10.00/(1141100004	11100	10.0071 0011110	11100			10.00/1 00/11/0	Lona			10.0071 2000	Bono
101111111111111111111111111111111111111				4:00P Chair Yoga(2)	Tara								
ONE CLASS ONL	Y TODAY			6:00P Gentle	Genevieve			6:00P Basic	Patty	5:45P Gentle	Tara		
0112 02/100 0112	105/(1			6:15P HRT(4)		6:30P Basic	Kim	6:15P HRT(4)	Karen C	o. for Contio	Tara		
		7:45P Gentle	Nancy	0.101 111(1)	raion iv.	0.001 Baolo	TXIIII	0.101 111(1(4)	Raion O				
		7.401 Ochilo	ranoy	7:50 HRT(4)	Karen N.			7:50 HRT(4)	Nancy				
	20		21	7.00 111(1(4)	22		23	7.00 111(1(4)	24		25		26
		8:00A Free Meditation	Theo			8:00A Free Meditation	Theo		<u> </u>	8:00A Free Meditation	Theo		
8:45A Basic	DevaDas	8:45A Basic	Theo			8:45A Gentle	Theo			8:45A Basic	Theo	8:45A Basic	Tara(s)
10:30A Gentle		10:30A Gentle		10:30A Gentle	Theo		11100	10:30A Gentle	Leila	0.40/1 Busio	11100	10:30A Basic	Boris
12:30P Basic	Pam	10.00/1 00/1110	11100	10.50/1 Ochlic	11100			10.50/1 Ochlic	Lona			10.00/1 Basic	Dollo
12.001 Dagio	ı anı			4:00P Chair Yoga(2)	Tara								
				6:00P Gentle	Genevieve			6:00P Basic	Patty	5:45P Gentle	Tara		
				6:15P HRT(4)	Karen N.		Kim	6:15P HRT(4)	Karen C	J. TOI GOING	rara		
		7:45D Contlo/Eroo Intro	(1) Nopou	5.101 IACT(+)	Maieri N.	0.001 Dasio	TAITI	3.101 TII(1 4)	Raidii O				
		7:45P Gentle/Free Intro	(1) Ivancy	7 FO UDT(4)	17			7 50 UPT/ C	N.I.				
				7:50 HRT(4)	Karen N.			7:50 HRT(4)	Nancy				
	27		28		29		30		31				
		8:00A Free Meditation	Theo			8:00A Free Meditation	Theo			(1). Free Beginner class fo	r anyone	new to Shakti : Monday, May 21	
8:45A Basic	Leila(s)	8:45A Basic	Theo			8:45A Gentle	Theo			@ 7:45pm - No pre-re	gistration	required.	
•		10:30A Gentle	Theo	10:30A Gentle	Theo			10:30A Gentle	Leila	(2). Weekly 60 minute CHA	AIR Yoga	class for anyone with limited range of mov	/ement.
12:30P Basic	Pam											by - ON WATERFRONT - 7 Navy Pier Co	
				4:00P Chair Yoga(2)	Tara					(4) Historic Richmond To	own Mus	eum , 441 Clarke Ave., Courthouse Bldg	g Fl. 2
		Happy Memorial D	ay!	6:00P Gentle	Genevieve			6:00P Basic	Patty	- Tues - 6:15P Basic 8	% 7:50P	Sentle - Thur - 6:15P Gentle & 7:50P B	asic
				6:15P HRT(4)	Karen N.	6:30P Basic	Kim	6:15P HRT(4)	Karen C	(5). Yummy Yin Yoga Work	kshop w/∖	ara (See Flyer at Shakti or on website)	
	ı	7:45P CLASS CANCELEI	D TODAY										