

# 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			8:00A Free Meditation Theo
			8:45A Gentle Theo			8:45A Basic Theo
		10:30A Gentle Theo			10:30A Gentle Leila	8:45A Basic DevaDas
		4:00P Chair Yoga(2) Tara				10:30A Basic Boris
		6:00P Gentle Genevieve			6:00P Basic Patty	12:30P Yummy Yin Yoga (5) Tara
		6:15P HRT(4) Karen N.	6:30P Basic Kim	6:15P HRT(4) Karen C	5:45P Gentle Tara	
		7:50 HRT(4) Karen N.		7:50P HRT(4) Nancy		
6	7	8	9	10	11	12
<b>CLASSES CANCELED</b>	8:00A Free Meditation Theo		8:00A Free Meditation Theo		8:00A Free Meditation Theo	
	8:45A Basic Theo		8:45A Gentle Theo		8:45A Basic Theo	8:45A Basic DevaDas
<b>DUE TO</b>	10:30A Gentle Theo	10:30A Gentle Theo			10:30A Gentle Leila	10:30A Basic Boris
<b>5 BORO BIKE TOUR</b>		4:00P Chair Yoga(2) Tara				
		6:00P Gentle Genevieve			6:00P Basic Patty	5:45P Gentle Tara
<b>ROAD CLOSURES</b>	7:45P Gentle Nancy	6:15P HRT(4) Karen N.	6:30P Basic Kim	6:15P HRT(4) Karen C		
		7:50 HRT(4) Karen N.		7:50 HRT(4) Nancy		
13	14	15	16	17	18	19
	8:00A Free Meditation Theo		8:00A Free Meditation Theo		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
<b>HAPPY MOTHER'S DAY!</b>	10:30A Francesca Theo	10:30A Gentle Theo			10:30A Gentle Leila	9:15A FREE Urby Class(3) Pam
<b>ONE CLASS ONLY TODAY</b>		4:00P Chair Yoga(2) Tara				10:30A Basic Boris
		6:00P Gentle Genevieve			6:00P Basic Patty	5:45P Gentle Tara
	7:45P Gentle Nancy	6:15P HRT(4) Karen N.	6:30P Basic Alexandra(s)	6:15P HRT(4) Karen C		
		7:50 HRT(4) Karen N.		7:50 HRT(4) Nancy		
20	21	22	23	24	25	26
	8:00A Free Meditation Theo		8:00A Free Meditation Theo		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 Nancy	10:30A Gentle Theo	10:30A Gentle Theo			10:30A Gentle Leila	10:30A Basic Boris
12:30P Basic Pam		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		
	7:45P Gentle/Free Intro (1) Nancy					
		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 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)	
8:45A Basic Leila(s)	8:45A Basic Theo		8:45A Gentle Theo			
10:30A Gentle Nancy	10:30A Gentle Theo	10:30A Gentle Theo		10:30A Gentle Leila		
12:30P Basic Pam		4:00P Chair Yoga(2) Tara				
	<b>Happy Memorial Day!</b>	6:00P Gentle Genevieve		6:00P Basic Patty		
	7:45P CLASS CANCELED TODAY	6:15P HRT(4) Karen N.	6:30P Basic Kim	6:15P HRT(4) Karen C		
		7:50P HRT(4) Karen N.		7:50 HRT(4) Nancy		