

YOGA

Shakti Yoga Center JUNE 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). 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). Yin Yoga Workshop & Acupuncture Workshop w/ Tara & Kerri (see flyer at studio or on website) (5). FREE OUTDOOR CLASS on the URBY waterfront esplanade - will be held in the URBY gym if it rains (see flyer at Studio or on website) (6). NEW TIME, TEACHER AND DURATION (75 minutes) FOR THE WEDNESDAY EVENING CLASS						1	2
					8:00A Meditation(2) Theo		
					8:45A Basic Theo	8:45A Basic Alexandra(s)	
						10:30A Basic Boris	
					5:45P Gentle Tara		
3	4	5	6	7	8	9	
8:45A Basic Theo(s)	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		
10:30A Gentle Nancy	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle Leila	8:45A Basic Theo	8:45A Basic Alexandra(s)	
12:30P Basic Pam	10:30A Gentle Theo	10:30A Gentle Theo				9:15A FREE (4) Urby Yoga w/ Pam	
		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara	10:30A Basic Boris	
	7:45P Gentle Nancy	6:00P Gentle Genevieve	7:00P Basic(6) Alexandra	6:00P Basic Patty	7:30pm Yin Acupuncture W'Shop Tara Kerri		
10	11	12	13	14	15	16	
8:45A Basic Leila(s)	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		
10:30A Gentle Nancy	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle Leila	8:45A Basic Leila(s)	8:45A Basic Leila(s)	
12:30P Basic Pam	10:30A Gentle Theo	10:30A Gentle Theo				10:30A Basic Boris	
		4:00P Chair Yoga(3) Patty(s)			5:45P Gentle Leila(s)		
	7:45P Gentle Nancy	6:00P Gentle Patty(s)	7:00P Basic(6) Alexandra	6:00P Basic Patty			
17	18	19	20	21	22	23	
8:45A Basic Leila(s)	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		
	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle Leila	8:45A Basic Theo	8:45A Basic Tara(s)	
HAPPY FATHER'S DAY!	10:30A Gentle Theo	10:30A Gentle Theo				10:30A Basic Boris	
ONE CLASS ONLY		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara		
	7:45P Gentle Nancy	6:00P Gentle Genevieve	7:00P Basic(6) Alexandra	6:00P Basic Patty			
24	25	26	27	28	29	30	
8:45A Basic Theo(s)	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		
10:30A Gentle Nancy	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle Theo(s)	8:45A Basic Theo	8:45A Basic Tara(s)	
12:30P Basic Pam	10:30A Gentle Theo	10:30A Gentle Theo				10:30A Basic Boris	
		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara		
	7:45P Gentle(1) Nancy	6:00P Gentle Genevieve	7:00P Basic(6) Alexandra	6:00P Basic Patty			

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