

# YOGA

## Shakti Yoga Center AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
(1). Free Gentle class for any one new (beginners) to Shakti: Last MONDAY of every month @ 7:15pm - 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). 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 (7:15pm) & DURATION (75 minutes) FOR THE MONDAY EVENING CLASS (7). NEW TIME (6:30pm) & DURATION (75 minutes) FOR THE WEDNESDAY EVENING CLASS			8:00A Meditation(2) CXL'D		8:00A Meditation(2) CXL'D	
			8:45A Gentle Leila(s)	10:30am Gentle Leila	8:45A Basic DevaDas(s)	8:45A Basic DevaDas
						10:30A Basic Boris
					5:45P Gentle Genevieve(s)	
			6:30P Basic(7) Alexandra	6:00P Basic Patty		
5	6	7	8	9	10	11
	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo	
8:45A Basic DevaDas	8:45A Basic Theo		8:45A Gentle Theo	10:30am Gentle Leila	8:45A Basic Theo	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Theo	10:30A Gentle Theo				9:15A FREE Urby Yoga(4) Pam
12:30P Basic DevaDas(s)		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara	10:30A Basic Boris
	7:15P Gentle(6) Nancy	6:00P Gentle Genevieve	6:30P Basic(7) Alexandra	6:00P Basic Patty		
12	13	14	15	16	17	18
	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo	
8:45A Basic DevaDas	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle DevaDas(s)	8:45A Basic Theo	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Theo	10:30A Gentle Theo				10:30A Basic Boris
12:30P Basic DevaDas(s)		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara	
	7:15P Gentle(6) Nancy	6:00P Gentle Genevieve	6:30P Basic(7) Alexandra	6:00P Basic Patty		
19	20	21	22	23	24	25
	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo	
8:45A Basic DevaDas	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle Leila	8:45A Basic Theo	8:45A Basic DevaDas
10:30A Gentle Nancy	10:30A Gentle Theo	10:30A Gentle Theo				10:30A Basic Boris
12:30P Basic DevaDas(s)		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara	
	7:15P Gentle(6) Nancy	6:00P Gentle Genevieve	6:30P Basic(7) Alexandra	6:00P Basic Patty		
26	27	28	29	30	31	
	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo			
8:45A Basic DevaDas	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle Leila		
10:30A Gentle Nancy	10:30A Gentle Theo	10:30A Gentle Theo				
12:30P Basic DevaDas(s)		4:00P Chair Yoga(3) Tara				
	7:15P Gentle(6) & (1) Theo(s)	6:00P Gentle Genevieve	6:30P Basic(7) Alexandra	6:00P Basic Genevieve(S)		

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[www.shaktiyoga.com](http://www.shaktiyoga.com)  
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