

YOGA

Shakti Yoga Center JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	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 DevaDas(s)	10:30A Gentle Theo	10:30A Gentle Theo	HAPPY JULY FOURTH!			9:15A FREE Urby Yoga(Pam
12:30P Basic Pam		4:00P Chair Yoga(3) Tara	MORNING CLASS ONLY		5:45P Gentle Tara	10:30A Basic Boris
	7:00P Gentle DevaDas(s)	6:00P Gentle Genevieve		6:00P Basic Patty		
8	9	10	11	12	13	14
	8:00A Meditation(2) Theo		8:00A Meditation(2) CXL		8:00A Meditation(2) CXL	
8:45A Basic DevaDas	8:45A Basic Theo		8:45A Gentle Leila(s)	10:30am Gentle Leila	8:45A Basic Leila(s)	8:45A Basic Tara(s)
10:30A Gentle DevaDas(s)	10:30A Gentle Theo	10:30A Gentle Leila(s)				10:30A Basic Boris
12:30P Basic Pam		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara	
	7:00P Gentle(6) DevaDas(s)	6:00P Gentle Genevieve	7:00P Basic(6) Alexandra	6:00P Basic Alexandra(s)		
15	16	17	18	19	20	21
	8:00A Meditation(2) CXL		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo	
8:45A Basic Leila(s)	8:45A Basic Karen C.(s)		8:45A Gentle Theo	10:30A Gentle Leila	8:45A Basic Theo	8:45A Basic Tara(s)
10:30A Gentle Leila(s)	10:30A Gentle Karen C.(s)	10:30A Gentle Karen C.(s)				10:30A Basic Boris
12:30P Basic Pam		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara	
	7:00P Gentle(6) Patty(s)	6:00P Gentle Genevieve	7:00P Basic(6) Alexandra	6:00P Basic Patty		
22	23	24	25	26	27	28
	8:00A Meditation(2) Theo		8:00A Meditation(2) Theo		8:00A Meditation(2) Theo	
8:45A Basic Theo(s)	8:45A Basic Theo		8:45A Gentle Theo	10:30A Gentle Leila	8:45A Basic Theo	8:45A Basic Genevieve(s)
10:30A Gentle Theo(s)	10:30A Gentle Theo	10:30A Gentle Theo				10:30A Basic Leila(s)
12:30P Basic Pam		4:00P Chair Yoga(3) Tara			5:45P Gentle Tara	
	7:00P Gentle(6) Theo(s)	6:00P Gentle Genevieve	7:00P Basic(6) Alexandra	6:00P Basic Genevieve(s)		
				7:35P NIA Class(7) Leslie	7:30pm Yin Yoga W'Shop(5) Tara	
29	30	31	<p>(1). Free Gentle class for any one new (beginners) to Shakti : Last MONDAY of every month @ 7:45pm - No pre-registration required.</p> <p>(2). FREE Meditation Sitting (prior to 8:45am class)</p> <p>(3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. \$17 per class / discounted class cards available.</p> <p>(4). FREE OUTDOOR CLASS on the URBV waterfront esplanade - will be held in the URBV gym if it rains (see flyer at Studio or on website)</p> <p>(5). Yin Yoga Workshop & Acupuncture Workshop w/ Tara & Kerri (see flyer at studio or on website)</p> <p>(6). NEW TIME (7pm) & DURATION (75 minutes) FOR THE MONDAY & WEDNESDAY EVENING CLASSES</p> <p>(7). NIA combines martial arts, modern dance & yoga in a workout set to music. Class is one hour. \$17-no pre-registration necessary.</p> <p>(See flyer @ studio or on website.)</p>			
	8:00A Meditation(2) Theo					
8:45A Basic Pam(s)	8:45A Basic Theo					
10:30A Gentle Pam(s)	10:30A Gentle Theo	10:30A Gentle Theo				
12:30P Basic CXL*D		4:00P Chair Yoga(3) Tara				
	7:00P Gentle(6) & (1) Theo(s)	6:00P Gentle Genevieve				

3 Victory Blvd., Staten Island, NY 10301
www.shaktiyoga.com
718-442-9400