

YOGA

Shakti Yoga Center SEPTEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(1). Free Gentle class for any one brand new (beginners) to Shakti : Last SUNDAY of every month @ 10:30am - 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) (5). Yin Yoga Workshop w/ Tara (see flyer at studio or on website) (6). NEW EVENING FLOW CLASSES (DURATION 75 minutes) ON MONDAY (7PM) & WEDNESDAY (6:30PM) (7). Every Year in the Autumn, the Sri Chinmoy Org offers FREE Meditation Classes in each Borough. Shakti is pleased to be selected as the venue for this free offering.						1 8:45A Basic DevaDas 10:30A Basic Boris
2	3	4	5	6	7	8
8:45A Basic DevaDas 10:30A Gentle DevaDas(s) 12:30P Basic DevaDas(s)	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo HAPPY LABOR DAY MORNING CLASSES ONLY	10:30A Gentle Theo 4:00P Chair Yoga(3) Tara 6:00P Gentle Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Basic(6) Alexandra	10:30am Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) Theo 8:45A Basic Theo 5:45P Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris
9	10	11	12	13	14	15
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo 7:00P Basic(6) Laura	10:30A Gentle Theo 4:00P Chair Yoga(3) Tara 6:00P Gentle Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Basic(6) Alexandra	10:30A Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) Theo 8:45A Basic Theo 5:45P Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris
16	17	18	19	20	21	22
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo 7:00P Basic(6) Laura	10:30A Gentle Theo 4:00P Chair Yoga(3) Tara 6:00P Gentle Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Basic(6) Alexandra	10:30A Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) Theo 8:45A Basic Theo 5:45P Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris
23	24	25	26	27	28	29
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo 7:00P Flow(6) Laura	10:30A Gentle Theo 4:00P Chair Yoga(3) Tara 6:00P Gentle Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow(6) Alexandra	10:30A Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) Theo 8:45A Basic Theo 5:45P Gentle Tara	8:45A Basic DevaDas 9:15A FREE Urby Yoga(4) Pam 10:30A Basic Boris 3:00P(7) FREE Meditation Class Sri Chinmoy Org
30						
8:45A Basic DevaDas 10:30A Gentle (1) Nancy 12:30P Basic Tara(S) 2:30pm Yin Yoga W'Shop(5) Tara						

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