

YOGA

Shakti Yoga Center OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo 7:00P Flow Laura	10:30A Gentle Theo 6:00P Gentle Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Alexandra	10:30am Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) CXL'D 8:45A Basic Leila(s) 4:30P Chair Yoga(3) Tara 5:45P Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris
7	8	9	10	11	12	13
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Pam	8:00A Meditation(2) CXL'D 8:45A Basic Tara(s) 10:30A Gentle Tara(s)	10:30A Gentle Tara(s) 6:00P Gentle Genevieve	8:00A Meditation(2) CXL'D 8:45A Gentle Leila(s) 6:30P Flow Alexandra	10:30am Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) CXL'D 8:45A Basic Leila(s) 4:30P Chair Yoga(3) Tara 5:45P Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris
14	15	16	17	18	19	20
8:45A Basic DevaDas 10:30A Gentle DevaDas(s) 12:30P Basic Pam	8:00A Meditation(2) CXL'D 8:45A Basic Tara(s) 10:30A Gentle Tara(s)	10:30A Gentle Tara(s) 6:00P Gentle Genevieve	8:00A Meditation(2) CXL'D 8:45A Gentle Leila(s) 6:30P Flow Alexandra	10:30A Gentle DevaDas(s) 6:00P Basic Nancy	8:00A Meditation(2) CXL'D 8:45A Basic Leila(s) 4:30P Chair Yoga(3) Tara 5:45P Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris
21	22	23	24	25	26	27
CLASSES CANCELED DUE TO ROAD CLOSURES SI HALF MARATHON	8:00A Meditation(2) CXL'D 8:45A Basic Tara(s) 10:30A Gentle Tara(s) 7:00P Flow Laura	10:30A Gentle Tara(s) 6:00P Gentle Genevieve	8:00A Meditation(2) CXL'D 8:45A Gentle Leila(s) 6:30P Flow Alexandra	10:30A Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) CXL'D 8:45A Basic Leila(s) 4:30P Chair Yoga(3) Tara 5:45P Gentle Tara	8:45A Basic DevaDas 9:15A Free Class @ Urby Leila 10:30A Basic Boris
28	29	30	31	31		
8:45A Basic DevaDas 10:30A Gentle (1) Nancy 12:30P Basic DevaDas(s)	8:00A Meditation(2) CXL'D 8:45A Basic Tara(s) 10:30A Gentle Tara(s)	10:30A Gentle Tara(s) 6:00P Gentle Genevieve	8:00A Meditation(2) CXL'D 8:45A Gentle Leila(s) 6:30P Flow Alexandra	(1). Free Gentle class for anyone brand new (beginners) to Shakti. Last SUNDAY every month @ 10:30am - No pre-registration required. (2). FREE Meditation Sitting - PLEASE NOTE MOST OCTOBER CLASSES CXL'D. WILL RESUME AGAIN IN NOVEMBER (3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. (Now on Fridays - was on Tuesdays.) (4). FREE 60 MINUTE CLASS in URBY gym.		
	7:00P Flow Laura					

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