

# YOGA

## Shakti Yoga Center DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
(1). Free Gentle class for anyone brand new (beginners) to Shakti. Last SUNDAY (December 30) every month @ 10:30am - No pre-registration required. (2). FREE 30 Minute Meditation Sitting (3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. (4). Holiday cancellations for Christmas and New Year's Eves.						8:45A Basic DevaDas 10:30A Basic Nancy 12:30P Basic Pam
NOTE: Monday, Wednesday & Thursday evening classes are 75 minutes. All other classes are 90 minutes.						
2	3	4	5	6	7	8
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 Theo	10:30A Gentle Tara 6:00P Candlelight Gentle Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Theo	10:30am Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) Theo 8:45A Basic Theo 4:30P Chair Yoga(3) Tara 5:45P Candlelight 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 Flow Theo	10:30A Gentle Tara 6:00P Candlelight Gentle Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Theo	10:30A Gentle Leila 6:00P Basic Nancy	8:00A Meditation(2) Theo 8:45A Basic Theo 4:30P Chair Yoga(3) Tara 5:45P Candlelight Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris
16	17	18	19	20	21	22
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23/30	24/31	25	26	27	28	29
8:45A Basic DevaDas 10:30A Gentle (1) Nancy / DevaDas 12:30P Basic Leila	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo 7:00P Flow(4) CXL	MERRY CHRISTMAS! ALL CLASSES CANCELED TODAY	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Theo	10:30A Gentle Leila 6:00P Basic Justyna	8:00A Meditation(2) CXL 8:45A Basic Leila 4:30P Chair Yoga(3) Tara 5:45P Candlelight Gentle Tara	8:45A Basic DevaDas 10:30A Basic Boris

**3 Victory Blvd., Staten Island, NY 10301**  
**www.shaktiyoga.com**  
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