

# YOGA

## Shakti Yoga Center JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		HAPPY NEW YEAR CLASSES CANCELED TODAY	8:00A Meditation(2) CXLD 8:45A Gentle Leila  6:30P Flow Justyna	10:30an Gentle Leila  6:00P Basic Nancy	8:00A Meditation(2) CXLD 8:45A Basic Leila  4:30P Chair Yoga(3) Tara 5:45P Gentle Glow Tara	8:45A Basic Leila 10:30A Basic Boris
6	7	8	9	10	11	12
8:45A Basic Genevieve 10:30A Gentle Nancy 12:30P Basic Tara	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo  4:30P Conscious Movement Leslie 7:00P Flow Theo	10:30A Gentle Tara  6:00P Gentle Glow Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo  6:30P Flow Theo	10:30an Gentle Leila  6:00P Basic Nancy	8:00A Meditation(2) Theo 8:45A Basic Theo  4:30P Chair Yoga(3) Tara 5:45P Gentle Glow Tara	8:45A Basic DevaDas 10:30A Basic Boris
13	14	15	16	17	18	19
8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic DevaDas	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo  4:30P Conscious Movement Leslie 7:00P Flow Theo	10:30A Gentle Justyna  6:00P Gentle Glow 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 Gentle Glow Tara	8:45A Basic DevaDas 10:30A Basic Boris
20	21	22	23	24	25	26
8:45A Basic DevaDas 10:30A Gentle Justyna 12:30P Basic DevaDas	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo  4:30P Conscious Movement Leslie 7:00P Flow Theo	10:30A Gentle Justyna  6:00P Gentle Glow 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 Gentle Glow Tara	8:45A Basic DevaDas 10:30A Basic Boris
27	28	29	30	31	28	
8:45A Basic DevaDas 10:30A Gentle (1) Nancy 12:30P Basic Tara	8:00A Meditation(2) Theo 8:45A Basic Theo 10:30A Gentle Theo  4:30P Conscious Movement Leslie 7:00P Flow(4) Theo	10:30A Gentle Justyna  6:00P Gentle Glow Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo  6:30P Flow Theo	10:30A Gentle Leila  6:00P Basic Nancy	(1). Free Gentle class for anyone brand new (beginners) to Shakti. Last SUNDAY of every month @ 10:30am - No pre-reg required (2). FREE 30 Minute Meditation Sitting (3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. (4). New Conscious Movemen Class. Try it! NOTE: Monday, Wednesday & Thursday evening classes are 75 min. All other classes are 90 minutes.	

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