

YOGA

Shakti Yoga Center FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
(1). Free Gentle class for anyone brand new (beginners or newbies) 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! (4). FREE class @ Urby Gym - taught by Evan. 7-8 Navy Pier Court, enter café- go to security podium to be directed to the gym. Bring your own yoga mat. No pre-reg necessary. NOTE: Monday, Wednesday & Thursday evening classes are 75 min. All other classes 90 minutes.					8:00A Meditation(2) Theo 8:45A Basic Theo	8:45A Basic DevaDas 10:30A Basic Boris
3	4	5	6	7	8	9
8:45A Basic DevaDas 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 Evan	10:30A Gentle Karen N 6:00P Gentle Glow Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Justyna	10:30an Gentle Leila 6:00P Basic Evan	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
10	11	12	13	14	15	16
8:45A Basic DevaDas 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 Evan	10:30A Gentle Karen N 6:00P Gentle Glow Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Justyna	10:30A Gentle Justyna 6:00P Basic Evan	8:00A Meditation(2) Theo 8:45A Basic Theo 4:30P Chair Yoga(3) Tara 5:45P Gentle Glow Tara	8:00A Meditation(2) Deb 8:45A Basic DevaDas 9:15A FREE (5) YOGA @ URBY 10:30A Basic Boris
17	18	19	20	21	22	23
8:00A Meditation Deb 8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Tara	8:00A Meditation(2) Juustyna 8:45A Basic Justyna 10:30A Gentle Justyna 4:30P Conscious Movement Leslie 7:00P CANCELED FOR HOLIDAY	10:30A Gentle Karen N 6:00P Gentle Glow Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Justyna	10:30A Gentle Justyna 6:00P Basic Evan	8:00A Meditation(2) Theo 8:45A Basic Theo 4:30P Chair Yoga(3) Tara 5:45P Gentle Glow Tara	8:00A Meditation(2) Deb 8:45A Basic DevaDas 10:30A Basic Boris
24	25	26	27	28		
8:00A Meditation Deb 8:45A Basic Evan 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) Justyna	10:30A Gentle Karen N 6:00P Gentle Glow Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Justyna	10:30A Gentle Leila 6:00P Basic Evan		

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