

YOGA

Shakti Yoga Center MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
(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 - just drop in! (3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. (4). New Conscious Movement Class. Try it! (5). 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. (6) Chakra Workshop presented by Mary Sobiechowski, Sunday, March 3rd, 2:30-5pm, see flyer on website or at studio NOTE: Monday, Wednesday & Thursday evening classes are 75 min. All other classes 90 minutes.						1	2
3	4	5	6	7	8	9	
8:00A Meditation(2) Deb 8:45A Basic DevaDas 10:30A Gentle Nancy 12:30P Basic Tara 2:30P Chakra W'shop(6) Mary	8:00A Meditation(2) Theo 8:45A Basic DevaDas 10:30A Gentle Nancy 4:30P Conscious Movement(4) Leslie 7:00P Flow Evan	9:45am Meditation(2) Justyna 10:30A Gentle Karen N 6:00P Gentle Glow Genevieve	8:00A Meditation(2) Theo 8:45A Gentle Theo 6:30P Flow Justyna	9:45am Meditation(2) Justyna 10:30am 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	8:00A Meditation(2) Deb 8:45A Basic DevaDas 10:30A Basic Boris	
10	11	12	13	14	15	16	
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17	18	19	20	21	22	23	
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24 / 31	25	26	27	28	29	30	
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