

YOGA

Shakti Yoga Center AUGUST 2019

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday					
												1			2			3					
(1). FREE Gentle class for FIRST TIMERS. Last SUNDAY every month @ 10:30am - Just drop in! (No pre-reg necessary) (2). FREE 30 Minute Meditation Sitting - just drop in! (3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement. (4). FREE class @ Urby. Outside or inside - weather dependent. Just drop in! (5). Monthly 60 minute "Conscious Movement" class focusing on free form movement flow (not a yoga class). Just drop in!																							
4			5			6			7			8			9			10					
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Leila	9:45am	Meditation(2)	Leila	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Justyna	8:45A	Basic	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Leila	9:45am	Meditation(2)	Leila	8:45A	Basic	Justyna	8:45A	Basic	DevaDas
10:30A	Gentle	Nancy	10:30A	Gentle	Leila	10:30A	Gentle	Justyna	10:30A	Basic	Justyna	10:30am	Gentle	Leila	10:30am	Gentle	Leila	10:30A	Basic	Justyna	10:30A	Basic	Boris
12:30P	Basic	Pam																					
			7:00P	Flow	Evan	6:00P	Gentle	Genevieve	6:00P	Gentle	Genevieve	6:30P	Flow	Justyna	6:00P	Basic	Evan	4:30P	Chair Yoga(3)	Tara	4:30P	Chair Yoga(3)	Tara
																		5:45P	Gentle	Tara	5:45P	Gentle	Tara
11			12			13			14			15			16			17					
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Leila	9:45am	Meditation(2)	Leila	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Justyna	8:45A	Basic	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Leila	9:45am	Meditation(2)	Leila	8:45A	Basic	Justyna	8:45A	Basic	DevaDas
10:30A	Gentle	Nancy	10:30A	Gentle	Leila	10:30A	Gentle	Justyna	10:30A	Basic	Justyna	10:30am	Gentle	Leila	10:30A	Gentle	DevaDas	10:30A	Basic	Justyna	10:30A	Basic	Boris
12:30P	Basic	Justyna																					
			5:00P	Conscious Movement(5)	Annette/Leslie	6:00P	Gentle	Genevieve	6:00P	Gentle	Genevieve	6:30P	Flow	Justyna	6:00P	Basic	Justyna	4:30P	Chair Yoga(3)	Tara	4:30P	Chair Yoga(3)	Tara
			7:00P	Flow	Evan													5:45P	Gentle	Tara	5:45P	Gentle	Tara
18			19			20			21			22			23			24					
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Justyna	8:45A	Basic	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	8:45A	Basic	Justyna	8:45A	Basic	DevaDas
10:30A	Gentle	Nancy	10:30A	Gentle	Tara	10:30A	Gentle	Justyna	10:30A	Basic	Justyna	10:30am	Gentle	Justyna	10:30A	Gentle	Justyna	10:30A	Basic	Justyna	9:15A	FREE (4) YOGA @ URBY	Evan
12:30P	Basic	Tara																			10:30A	Basic	Boris
			7:00P	Flow	Justyna	6:00P	Gentle	Genevieve	6:00P	Gentle	Genevieve	6:30P	Flow	Justyna	6:00P	Basic	Justyna	4:30P	Chair Yoga(3)	Tara	4:30P	Chair Yoga(3)	Tara
																		5:45P	Gentle	Tara	5:45P	Gentle	Tara
25			26			27			28			29			30			31					
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Leila	8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Justyna	8:45A	Basic	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Justyna	9:45am	Meditation(2)	Leila	8:45A	Basic	Justyna	8:45A	Basic	DevaDas
10:30A	Gentle(1)	DevaDas	10:30A	Gentle	Tara	10:30A	Gentle	Justyna	10:30A	Basic	Justyna	10:30am	Gentle	Justyna	10:30A	Gentle	Leila	10:30A	Basic	Justyna	10:30A	Basic	Boris
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			7:00P	Flow	Justyna	6:00P	Gentle	Genevieve	6:00P	Gentle	Genevieve	6:30P	Flow	Justyna	6:00P	Basic	Justyna	4:30P	Chair Yoga(3)	Tara	4:30P	Chair Yoga(3)	Tara
																		5:45P	Gentle	Tara	5:45P	Gentle	Tara

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