

YOGA

Shakti Yoga Center MARCH 2020

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
1			2			3			4			5			6			7		
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	Justyna										8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Justyna	9:45A	Meditation(2)	Justyna				9:45A	Meditation(2)	CXLD	8:45A	Basic	Justyna	8:45A	Basic	DevaDas
10:30A	Gentle	Nancy	10:30A	Gentle	Leila	10:30A	YIN	Justyna	10:30am	Gentle	Leila	10:30am	Gentle	DevaDas				9:00A	FREE CLASS @ URBY(5)	Justyna
12:30P	Basic	Pam																10:30A	Basic	Boris
			7:00P	Gentle Strength	Justyna	6:00P	Gentle	Genevieve	6:30P	\$5 Community(4)	Justyna	6:00P	\$5 Community(4)	Justyna	4:30P	Chair Yoga	Tara			
															5:45P	Gentle Glow	Tara			
8			9			10			11			12			13			14		
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	Justyna										8:00A	Meditation(2)	Justyna	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Justyna	9:45A	Meditation(2)	Justyna				9:45A	Meditation(2)	Leila	8:45A	Basic	Justyna	8:45A	Basic	DevaDas
10:30A	Gentle	Nancy	10:30A	Gentle	Justyna	10:30A	YIN	Justyna	10:30am	Gentle	Leila	10:30am	Gentle	Leila				10:30A	Basic	Boris
12:30P	Basic	DevaDas																		
			7:00P	Gentle Strength	Justyna	6:00P	Gentle	Genevieve	6:30P	\$5 Community(4)	Justyna	6:00P	\$5 Community(4)	DevaDas	4:30P	Chair Yoga	Tara			
															5:45P	Gentle Glow	Tara			
15			16			17			18			19			20			21		
8:00A	Meditation(2)	CXLD	8:00A	Meditation(2)	D Today										8:00A	Meditation(2)	CXLD	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Leila	9:45A	Meditation(2)	CXLD				9:45A	Meditation(2)	Leila	8:45A	Basic	Leila	8:45A	Basic	DevaDas
10:30A	Gentle	Nancy	10:30A	Gentle	Leila	10:30A	YIN	DevaDas	10:30am	Gentle	Leila							10:30A	Basic	Boris
12:30P	Basic	DevaDas																		
			7:00P	Gentle Strength	Patty	6:00P	Gentle	Genevieve	6:30P	\$5 Community(4)	Patty	6:00P	\$5 Community(4)	Patty	4:30P	Chair Yoga	Tara			
															5:45P	Gentle Glow	Tara			
22			23			24			25			26			27			28		
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	CXLD										8:00A	Meditation(2)	CXLD	8:00A	Meditation(2)	Deb
8:45A	Basic	DevaDas	8:45A	Basic	Leila	9:45A	Meditation(2)	CXLD				9:45A	Meditation(2)	Leila	8:45A	Basic	Leila	8:45A	Basic	DevaDas
10:30A	Gentle	Nancy	10:30A	Gentle	Leila	10:30A	YIN	DevaDas	10:30am	Gentle	Leila	10:30A	Gentle	Leila				10:30A	Basic	DevaDas
12:30P	Basic	Pam																1:30P	LSD* Yoga(*Long,Slow,Deep) (6)	Boris
			7:00P	Gentle Strength	Patty	6:00P	Gentle	Genevieve	6:30P	\$5 Community(4)	Patty	6:00P	\$5 Community(5)	Patty	4:30P	Chair Yoga	CXLD Today			
															5:45P	Gentle Glow	Genevieve			
29			30			31														
8:00A	Meditation(2)	Deb	8:00A	Meditation(2)	CXLD							(1). FREE Gentle class for FIRST TIMERS-Last SUNDAY every month @ 10:30am. Just drop in! (No pre-reg necessary.)								
8:45A	Basic	DevaDas	8:45A	Basic	Leila	9:45A	Meditation(2)	CXLD				(2). FREE 30 Minute Meditation Sitting - just drop in!								
10:30A	Gentle(1)	Nancy	10:30A	Gentle	Leila	10:30A	YIN	DevaDas				(3). 4 Week "Make Your Mind & Your Life Your Friend" Course - see flyer @ Shakti or on Website for more info								
12:30P	Basic	Pam										(4). \$5 Community Drop In Class Wednesday @ 6:30pm & Thursdays @ 6pm								
												(5). Free class @ Urby Gym - no pre-reg necessary. Just drop in - enter through Urby café - check in at security desk.								
			7:00P	Gentle Strength	Patty	6:00P	Gentle	Genevieve				(6). LSD* Yoga w/ Boris, Saturday, March 28, 1:30-4:30pm - see Flyer @ Shakti or on website								