

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 to 9:45 AM Daily Practice	March 5th 8:30 to 9:30 AM Beginner's Basic Intro to the Daily Practice Monthly on the 1st Tuesday	8:30 to 9:45 AM Daily Practice			Special Silent Retreat: March 2nd Saturday 5 AM to 5 PM
			10:30-11:30 AM Gentle Yoga			
March 24th 6:30 to 8:00 PM Monthly Restorative Yoga Workshop Loft at 11 Beach Street \$30	Reserved for Individual and/or Group Sessions with Shankari and/or Gail	Reserved for Individual and/or Group Sessions with Shankari and/or Gail	Reserved for Individual and/or Group Sessions with Shankari and/or Gail	Reserved for Individual and/or Group Sessions with Gail		Monthly Kirtan March 22nd at 7PM at the Loft at 11 Beach Street
	So you think you can't meditate? Meditation with Shankari 6:30 -7:30 PM \$10		6:30 to 7:45 PM Night Yoga	March 21st Monthly Inspired Shamanic Circle with Gail 6:30 to 7:45 PM		

Yoga Classes are limited to 12 people per class. \$15 per class including our shamanic schedule. 6 or 10 class passes are available.

Go to visibook.com/shankari to reserve a space in any class, workshop, retreat, or event.

All pre-registrations are non-refundable and non-transferable.