

From 11/7 to 11/30/2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:15 am Sunday Yoga Jori	8:00-9:00 am Wake Up & Go Yoga Shankari		8:00-9:00 am Wake Up & Go Yoga Shankari		8:00-9:00 am Wake Up & Go Yoga Shankari	7:00- 8:15 am Vinyasa Flow Jerry
	9:00-10:15 am Daily Practice Shankari	9:00-10:30 am Yoga Foundations Steve thru 11/13 Then Shankari	9:00-10:15 am Daily Practice Shankari		9:00-10:15 am Daily Practice Shankari	9:00-10:30 am Yoga Foundations Steve on the 11/10 and then Shankari
6:30-8:00 PM November 18 Restorative Yoga and Reiki Workshop Shankari \$30	10:30-11:45 am Gentle Flow Shankari		10:30-11:45 am Gentle Flow Shankari		10:30-11:45 am Gentle Flow Shankari Kirtan Nov 2 7pm Shankari No Charge	
			6:30-7:45 pm Evening Yoga and Meditation Practice Shankari		Grand Celebration Nov 30 6 PM Reception, Sharing, and Music	

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