



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9:15am Kripalu <b>Suzy</b>						7 – 8:30 am Vinyasa Flow <b>Jerry</b>
	9 am - 10:15am Daily Practice <b>Shankari</b>	9 – 10:30 am Yoga Foundations <b>Jen Tolo</b>	9- 10:15 am Daily Practice <b>Shankari</b>	9-10:15am Yoga Foundations <b>Jen Tolo</b>	9 – 10:15 am Daily Practice <b>Shankari</b>	9-10:30am Yoga Foundations <b>Jen Tolo</b>
	10:30-11:45am Gentle Yoga <b>Shankari</b>		10:30-11:45am Gentle Yoga <b>Shankari</b>		10:30-11:45am Gentle Yoga <b>Shankari</b>	
<b>Restorative Yoga and Reiki Workshop Mar 18th 6:30-8pm \$30</b>			6:30-7:45 Kripalu <b>Suzy</b>		<b>Kirtan March 30th 7pm</b>	