



This schedule is for May, 2018. Schedule is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9:15am Kripalu Suzy		6-7 am Vinyasa Flow Jerry		6-7 am Vinyasa Flow Jerry		7 – 8:15 am Vinyasa Flow Jerry
9:30-11am Yoga Workshop Carleen & Patrick May 15th \$50	9 am - 10:15am Daily Practice Shankari	9 – 10:15 am Yoga Foundations Steve	9- 10:15 am Daily Practice Shankari	9-10:15 am Rise Power Yoga Nina Joan	9 – 10:15 am Daily Practice Shankari	9-10:30am Yoga Foundations Steve
Sun May 20th 1-3 pm Healthy Spine Workshop Steve	10:30-11:45 am Gentle Flow Shankari		10:30-11:45 am Gentle Flow Shankari	10:30-11:45 am Rise Power Yoga Nina Joan	10:30-11:45 am Gentle Flow Shankari	
4-5:15 pm The Inspired Circle Spiritual Dialogue, Ritual, Meditation, and Pranayama Gail	4-5:15pm Yoga for Girls Ages 11-13 Avery Starts 6/3		4-5pm Kids Yoga Ages 5-10 Avery		5:30-6:45pm Ashtanga Yoga Chris	
Restorative Yoga & Reiki Workshop May 20th 6:30-8 pm	5:30-6:30pm Balance, Strength, and Flow Lynn	6:30-7:45 Jnana Yoga Gail	6:30-7:45 Kripalu Suzy	5:30-6:30pm Yoga Flow Theresa	Kirtan Fri May 25th 7pm	
Mantra and Meditation Workshop May 27th 6:30-8 pm Shankari & Gail	7-8:30pm Strength & Surrender Yoga Patrick			6:30-7:30pm Meditation Joan		