



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:15am Kripalu Yoga Suzy	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
6:30-8:00 pm Oct 7 Yoga Nidra/Restorative Yoga Workshop Gail \$30	9:00-10:15 am Daily Practice Shankari	9:00-10:30 am Yoga Foundations Steve	9:00-10:15 am Daily Practice Shankari		9:00-10:15 am Daily Practice Shankari	9:00-10:30 am Yoga Foundations Steve
6:30-8:00 PM October 21 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	
	6:30-7:45 pm Strength & Surrender Yoga Patrick	6:30-7:45 pm Guided Meditation Gail	6:30-7:45 pm Yoga Practice Shankari	6:30-7:45 pm Guided Meditation Gail	Kirtan Oct 19 7pm Shankari No Charge	

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