



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 September 16 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	
10 am-noon Sept 23 Kundalini Workshop Katie \$25						
1 - 3 pm Sept 30 Yoga for Neck and Shoulders Pam \$50	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 Sept 21 7pm Shankari No Charge	